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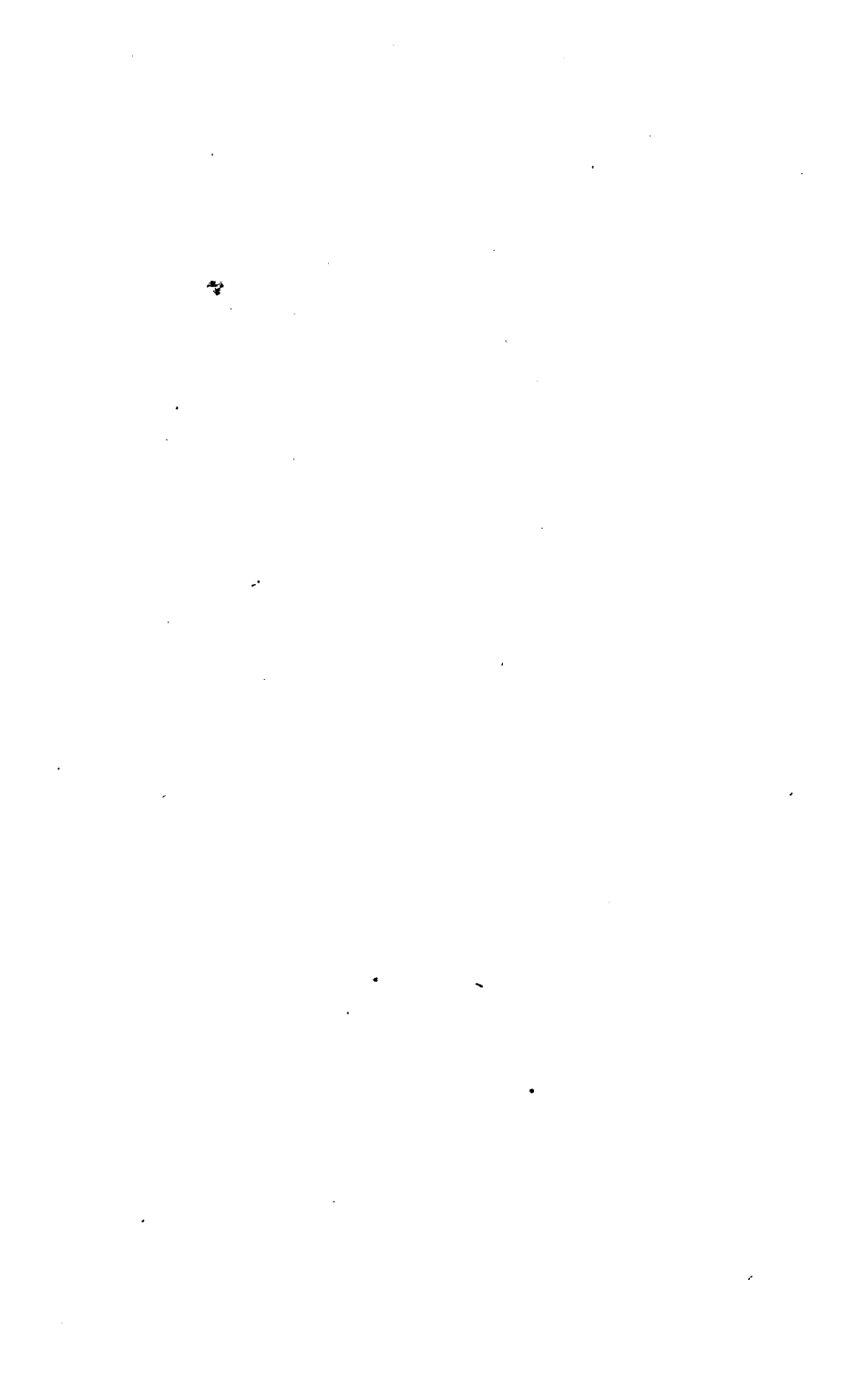
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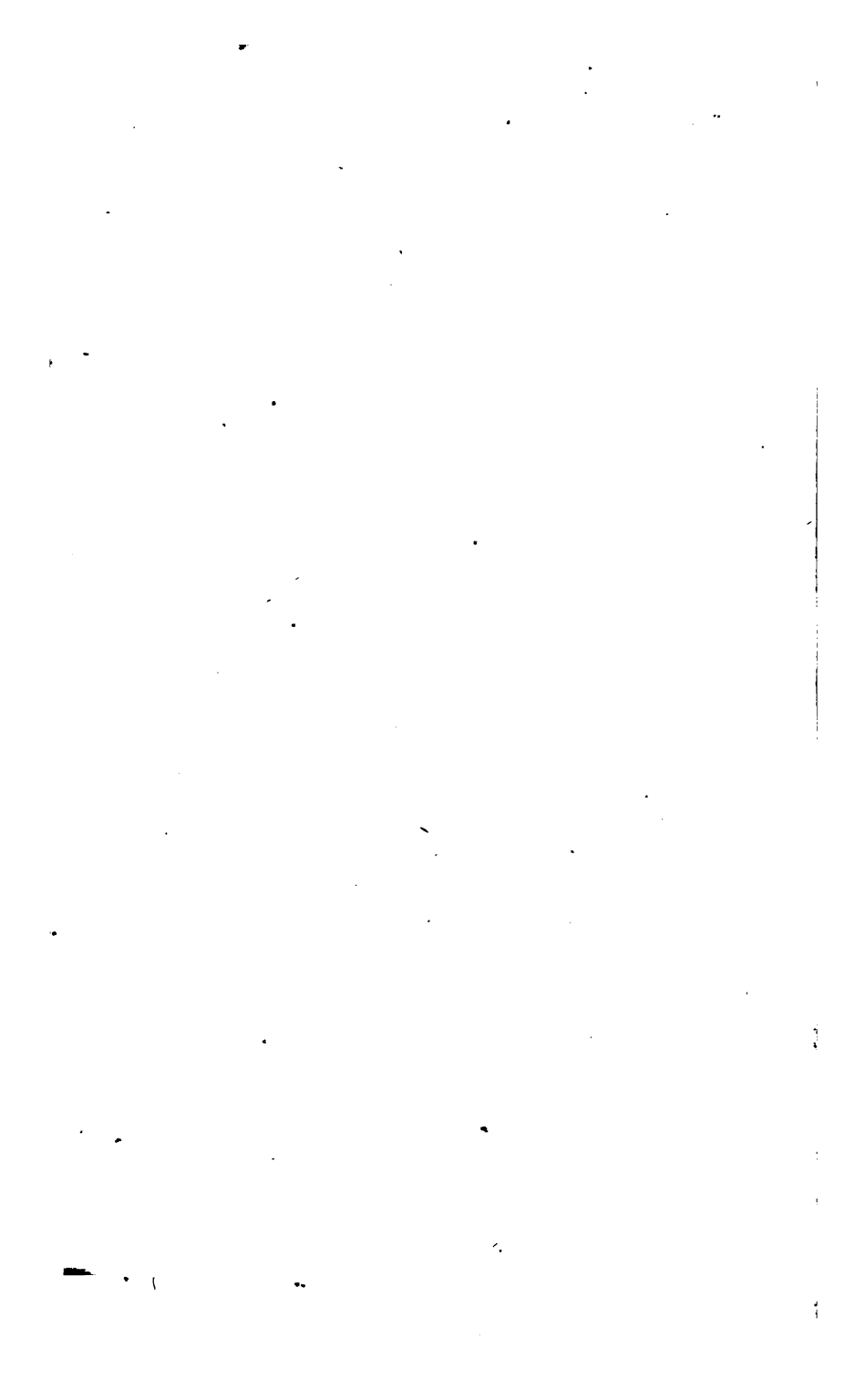
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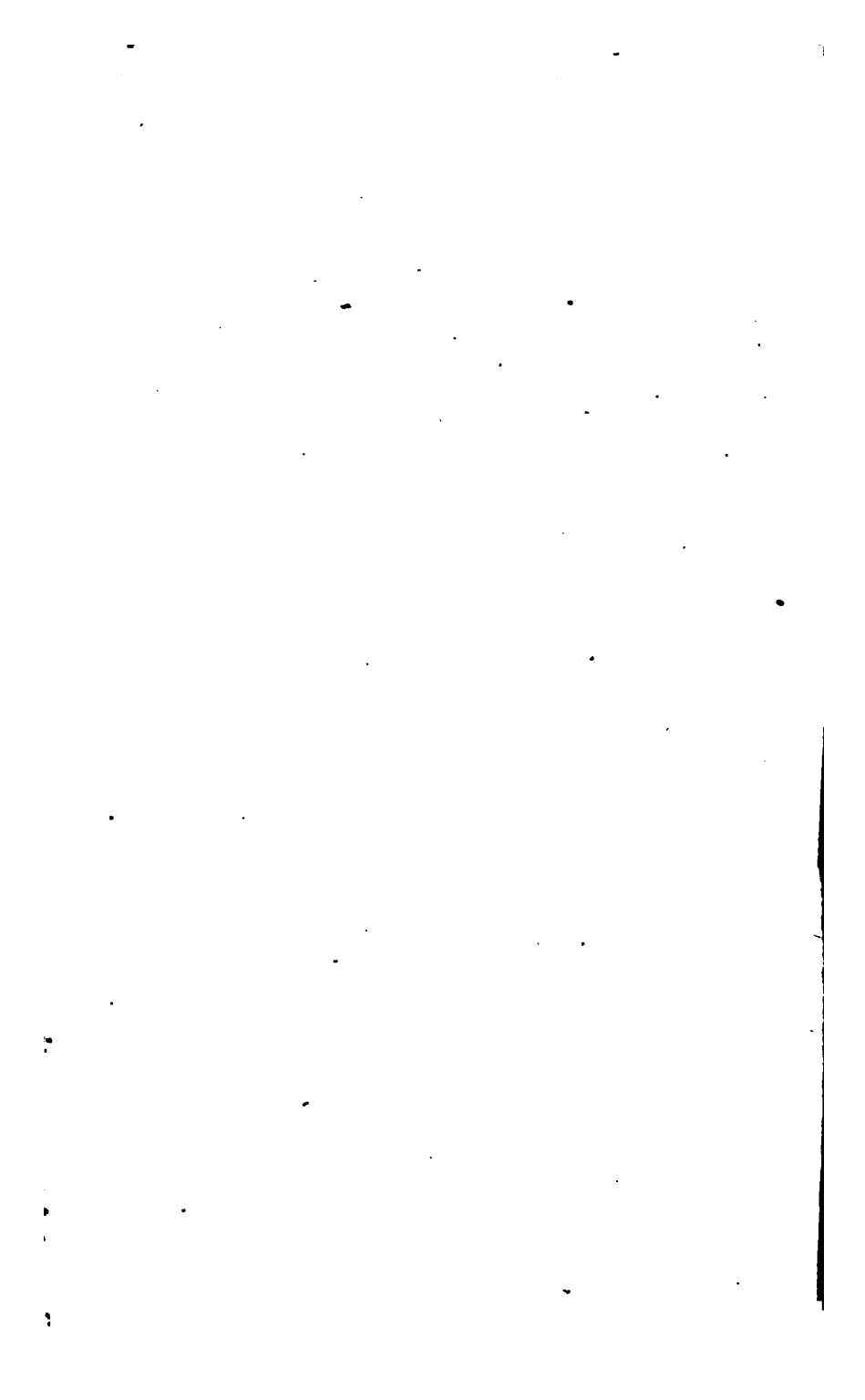
Miss Rosamond Lamb

















THE
PRACTICAL COOK BOOK,

CONTAINING UPWARDS OF

ONE THOUSAND RECEIPTS;

CONSISTING OF

DIRECTIONS FOR SELECTING, PREPARING AND COOKING

ALL KINDS OF

MEATS, FISH, POULTRY AND GAME, SOUPS, BROTHS,
VEGETABLES, AND SALADS;

ALSO, FOR MAKING ALL KINDS OF

PLAIN AND FANCY BREADS, PASTRIES, PUDDINGS,
CAKES, CREAMS, ICES, JELLIES, PRESERVES,
MARMALADES, ETC., ETC., ETC.,

TOGETHER WITH VARIOUS MISCELLANEOUS RECEIPTS,

AND

NUMEROUS PREPARATIONS FOR INVALIDS.

BY MRS. BLISS,

OF BOSTON.

PHILADELPHIA:
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TO THE READER.

A LADY will readily be excused for an unwillingness, natural to her sex, to boast of her great experience, (an equivocal term;) and yet, in publishing a book upon a subject both useful and practical, the very best reason for the act, perhaps, would be the amount of actual knowledge possessed by the writer. The persuasions of friends, together with their complaints that the cooking books thus far given to the public, lacked that simple practical character which should constitute their chief value, were the main, if not the only motives for bringing together these results of her own experience, under the title of **THE PRACTICAL COOK BOOK.**

She has herein attempted to aid and subserve the business of both the young and the old house-keeper, in that universally interesting department of life which lies between the kitchen and the

dining-room; and she is confident in the belief that the former, by accurately following the instructions here given, will not fail to realize all that she can hope for from a work of this kind: and that the latter will find herself possessed of many additional means of increasing the attractions of her table, and of gratifying her most fastidious guests.

Boston, Mass., Aug. 1850.

THE PRACTICAL COOK BOOK.

CHAPTER I.

STOCK FOR SOUPS AND GRAVIES.

Although most Cook Books give numerous receipts for Stock, I think the following quite sufficient for all kinds of soups and gravies. The seasoning to be added, when used, will make all the variety necessary, and may be varied indefinitely according to the taste of the person using it.

In making any kind of stock for soups and gravies, great care must be taken not to let it burn, as the least foreign flavour will render it unfit for soups and gravies that are made plain.

BROWN STOCK FOR SOUPS AND GRAVIES.

To make brown stock, rub one table-spoonful of butter all over the bottom of a large stew-pan; cover the bottom with two onions, peeled and cut into thin slices; lay two thin slices of ham over the slices of onion; place the stew-pan over a brisk fire, cover it close, and let the contents stew until they become brown, then shake the pan, stir up the onions and ham—keeping the pan over the fire, and being very careful not to let its contents burn.

When the contents are well browned all over, pour in one pint of water—a spoonful at a time; then add one shin of beef,—say fifteen or sixteen pounds,—cut into small pieces; cover the pan again, let the beef steam through, then pour over it six quarts of water, a little at a time, let it boil four hours, remove the bones, take out a little of the stock, set it away to cool, and if it is a stiff jelly, and has a good colour, it is done.

If it does not become a stiff jelly, take off the cover of the pan, and let it continue to boil another hour.

From the above preparation there should be produced two quarts, at least, of good stock. When it is made, strain it through a colander, and set it away to cool. On the next morning, remove all the fat from its surface, and put the clear stock over the fire, being careful not to put with it any of the sediment that remains on its bottom, and reduce it by boiling to one quart. Put this quart into small jars, in a cool place, and it will keep, without salt, one week in winter, and three days in summer. In summer, when you boil the stock, it is better to add two table-spoonfuls of salt.

This stock is very useful to housekeepers. It makes a good gravy for hash-meats, and enriches the gravy of a small roast beef or mutton. Good soups can be made from it at short notice. One table-spoonful of it is sufficient to impart a fine flavour to a dish of minced mutton, &c. In a family which requires a large joint roasted every day, the bones and bits left would be sufficient, if stewed as above, to furnish a supply of this stock, without buying a shin; and, indeed, a small family might, with care and prudence, always have enough left from the table for this purpose. It is a good way to keep an earthen jar for the reception of all the gravies and bits of meat that come from the table, and when a sufficient quantity has accumulated, make it into brown stock.

WHITE STOCK FOR SOUPS AND GRAVIES.

White stock is made by boiling two knuckles of veal, cut into small pieces, four hours in four quarts of water. Proceed according to the directions given above, for making and finishing brown stock.

CHAPTER II.

SAUCES FOR MEATS.

The receipts in this chapter are sufficient to make all kinds of meat sauces, by varying the seasoning. Wine may be used instead of vinegar, in most cases.

NO. 1. MELTED BUTTER.

Melted Butter, sometimes called Drawn Butter, is made as follows:—Braid two tea-spoonfuls of flour into a quarter of a pound of nice butter, stir this into four table-spoonfuls of boiling water, keep stirring until the butter is all melted; then let it boil up once, and it is fit for the tureen.

If the butter and flour are not well braided, the sauce will be lumpy.

NO. 2, EGG SAUCE.

Egg sauce is made by putting four hard-boiled eggs chopped fined, into the melted butter made as above. A little more water is needed in the melted butter when egg sauce is to be made.

NO. 3. NASTURTIAN SAUCE.

Nasturtian sauce is made by stirring into the melted butter, (No. 1,) two table-spoonfuls of green pickled nasturtians.

NO. 4. CAPER SAUCE.

Caper sauce is made by stirring into the melted butter, (No. 1,) two table-spoonfuls of green pickled capers.

Caper sauce is very nice with boiled mutton, or pickled salmon. When prepared for boiled mutton, use the liquor in which the mutton was boiled, instead of clear water, in making the melted butter.

NO. 5. CURRIE SAUCE.

Currie sauce is made by braiding two table-spoonfuls of Indian currie powder, into a quarter of a pound of nice butter; proceed as in preparing melted butter, (No. 1,) and add a table-spoonful of vinegar.

NO. 6. OYSTER SAUCE.

Drain the liquor from a pint of oysters through a colander into a stew-pan, put the stew-pan over the fire and skim just before boiling; cut the oysters, each into four pieces, and put them into the boiling liquor with two table-spoonfuls of butter and two tea-spoonfuls of flour, well braided together, a little pepper and a pinch of ground mace; let the whole come to a boil, and the sauce is ready to serve.

NO. 7. ONION SAUCE.

Peel and cut into slices two onions, put them into a stew-pan with two table-spoonfuls of butter; set the pan on a slow fire, and let stew until the onions are reduced to a pulp, then stir in one table-spoonful of flour and let it brown, then add half a tumbler of water, pouring it in a little at a time, and stirring continually; if the sauce is now too thick, add a little more water, and salt to your taste.

Onion sauce is excellent for game; you may vary it by adding vinegar, or wine, and spices: when prepared for boiled fowl, use milk instead of water.

NO. 8. TOMATO SAUCE.

Scald and peel one dozen ripe tomatoes; cut them in slices, and stew them over a slow fire; if the tomatoes are not very juicy, add one tea-cupful of water. Braid one table-spoonful of butter with one of flour, a little salt and pepper; when the tomatoes are reduced to a fine pulp, stir this mixture into them, and keep stirring until the whole boils; boil one minute and serve.

Tomato sauce is excellent with beef-steaks; it gives a delicious relish to boiled fresh fish.

NO. 9. SHARP SAUCE.

Put into a stew-pan one tea-cup of vinegar and half a tea-cup of water, with a pinch of Cayenne pepper, a pinch of mustard, a little powdered thyme, and a little salt; when this boils, stir into it one table-spoonful of flour braided with two of butter; let the whole boil one minute, and serve.

Sharp sauce is very nice on lobsters and shrimps, and is by many considered a fine relish for venison.

NO. 10. MINT SAUCE.

Chop fine a handful of green mint, fresh and young, and put it into your tureen; dissolve one tea-cupful of brown sugar in very sharp vinegar, and pour it into the mint. If you wish the sauce hot, you may boil the vinegar and use less sugar.

If green mint cannot be procured, use mint vinegar instead of it.

NO. 11. MUSHROOM SAUCE.

Mix a good piece of butter with a little flour; boil it up in cream, shaking the sauce-pan; throw in some mushrooms, a little salt, and nutmeg; boil it up.

Or put the mushrooms into melted butter, with a little veal gravy, salt, and grated nutmeg.

NO. 12. MUSHROOM SAUCE FOR FOWLS OR RABBITS.

Wash and pick a pint of young mushrooms, and rub them with salt to take off the tender skin; put them into a sauce-pan with a little salt, some nutmeg, a blade of mace, a pint of cream, and a good piece of butter rubbed in flour, boil them up and stir them till done; then pour it round the chickens, &c.- Garnish with lemon.

If you cannot get fresh mushrooms, use pickled ones done white, with a little mushroom powder with the cream, &c.

NO. 13. DRAWN BUTTER AND PARSLEY.

Chop fine a small bunch of parsley, put it into half a pint of boiling water; let boil one minute; stir in butter and flour braided as for melted butter, (No. 1.)

NO. 14. SAUCE FOR CALF'S HEAD.

Add to the melted butter, (No. 1,) a tea-spoonful of powdered sage, a little Cayenne pepper, and salt, the brains mashed fine, and a wine-glass of Tarragon vinegar, or, if you prefer, a glass of Madeira wine.

NO. 15. FISH SAUCE.

Boil the liver of the fish until you can mash it with a spoon; when mashed, put it into half a pint of boiling water, with a pinch of Cayenne, two tea-spoonfuls of lemon juice, a table-spoonful of catsup, and one of butter and flour stirred together.

NO. 16. DUCK SAUCE.

Boil all the giblets in a pint of water until they are quite tender, adding to the water salt and pepper and one chopped onion; take out the giblets, mash the liver and chop the heart and gizzard fine; return them all to the liquor in which they were boiled, adding one table-spoonful of Tarragon vinegar, and one of butter braided with one of flour; give the whole one boil up, stirring continually, and the sauce is ready for the tureen.

NO. 17. FLAVORED VINEGARS.

Almost all the flavorings used for meats and salads may be prepared in vinegar with little trouble and expense, and will be found useful to impart an acid to flavors when lemons are not at hand.

Tarragon, sweet basil, burnet, green mint, sage, thyme, sweet-marjoram, &c., may be prepared by putting three ounces of either of these herbs, when in blossom, into one gallon of sharp vinegar; let stand ten days, strain off clear, and bottle for use.

Celery and Cayenne may be prepared, using three ounces of the seed as above.

NO. 18. BREAD SAUCE.

Pour half a pint of boiling milk upon a tea-cup of bread or cracker crumbs, add a tea-spoonful of salt and one onion chopped fine; let it simmer three minutes, stir in a table-spoonful of butter, give it one boil up, and serve hot.

NO. 19. MAÎTRE D'HÔTEL BUTTER.

Mix a quarter of a pound of fresh butter with two large table-spoonfuls of chopped parsley, the juice of two lemons, half a tea-spoonful of salt, and half that quantity of white pepper; mix all well together, and keep in a cool place until wanted.

NO. 20. MOCK CAPER SAUCE.

Cut into small bits two or three pickled cucumbers, pickled walnuts, and pickled beans, and put them into the melted butter, (No. 1,) adding two tea-spoonfuls of lemon juice, or vinegar.

NO. 21. CHAMPAGNE SAUCE.

Add to melted butter, (No. 1,) half a pint of champagne and one tea-spoonful of brown sugar.

NO. 22. WOW-WOW SAUCE.

Add to melted butter, (No. 1,) one tea-spoonful of mustard, one table-spoonful of catsup, one table-spoonful of celery vinegar, two table-spoonfuls of Port wine, two pickled cucumbers chopped finely, and one bunch of parsley chopped finely; give the whole one boil-up, and pour it hot over the meat.

This sauce is excellent for beef bouilli, or for stewed meats.

NO. 23. SHRIMP SAUCE.

Add to half a pint of melted butter, (No. 1,) one pint of shrimps, cut into small pieces, and two table-spoonfuls of cream. Serve hot.

This sauce is suitable for salmon, soles, and turbot.

CHAPTER III.

SOUPS.

NO. 1. SUMMER SOUP.

Take a neck of mutton, joint it, break the bones, and put it into your soup-pot, adding four quarts of water to every five pounds of mutton. Put the pot on the fire, and let it boil slowly four or five hours; then strain off the liquid and return it to the soup-pot, after carefully removing all the fat from the surface; then add to it three turnips pared and sliced thin, two young onions sliced, a half tea-spoonful of powdered sweet marjoram, a half tea-spoonful of Tarragon, a table-spoonful of pasturian seeds, and a sufficient quantity of salt and pepper to season it well. Let the whole boil until the vegetables are pulp; then you may add, if you like, dumplings, made of flour and butter. The soup is very good without the dumplings.

NO. 2. AUTUMN SOUP.

Take three pounds of lamb—the neck will answer—and three pounds of beef. Cut them small, and put them into a soup-pot with six quarts of water. Let them boil slowly four or five hours; then strain off the soup, take the fat from the surface, and put the soup again into the soup-pot. Add immediately six large tomatoes and three ears of green corn grated. Let the whole boil one hour longer; and, adding a pinch of ground cloves, a few blades of mace, and pepper and salt enough to season it well, it is fit for the tureen, and will be found to be excellent.

NO. 3. WINTER SOUP.

Take a large shin of beef, saw it through in several places, and score or notch the meat quite to the bone. Put the beef into a soup-pot, adding one quart of water to each pound of beef. Add a red pepper-pod and let the whole boil six hours; then strain it and place it away to cool. This soup, thus made, will keep good for several days. Whenever you

wish to use it, remove all the fat and put the soup into the pot again, adding two large turnips, one carrot, two onions, and three potatoes finely cut into fanciful shapes. Let the whole boil two hours, then add salt, and, if you like, a little mace, a tea-spoonful of sugar, and a sprig of celery, which gives it a lively flavour. The soup is then ready for the table. It is sometimes called SHIN SOUP.

NO. 4. SPRING SOUP.

Take a bone of ham, from which the meat has been cut, break it in pieces and put it into your soup-pot with a neck of veal, cut up small, and four quarts of water. Boil this four hours, then strain it and let it stand until all the fat has arisen to the top. Be careful to skim off every particle of the fat, then return the soup to the soup-pot, and add one carrot grated fine, two turnips cut in leaves and straws, four small onions, a small head of celery cut fine, a tea-spoonful of brown sugar, and salt and pepper to your taste. Boil the whole one hour, when it is fit for the tureen.

NO. 5. A PLAIN, CHEAP SOUP.

Take a cold roast beef bone, pieces of beef-steak, the rack of a cold turkey or chicken. Put them into a pot with three or four quarts of water, two carrots, three turnips, one onion, a few cloves, pepper, and salt. Boil the whole gently four hours; then strain it through a colander, mashing the vegetables so that they will all pass through. Skim off the fat, and return the soup to the pot. Mix one table-spoonful of flour with two of water, stir it into the soup and boil the whole ten minutes. Serve this soup with sippets of toast.

Sippets are bits of dry toast cut in a triangular form.

NO. 6. SPANISH SOUP.

Take half a shin of beef, well cracked, and a pound of knuckle of ham or gammon. Put them into the soup-pot and cover them with water. When the water begins to boil, skim it and add a tea-spoonful of pepper. Boil the whole two hours and a half. Then add a few cabbage sprouts cut small, one onion slit fine, one table-spoonful of rice. If the ham has not made it salt enough, add salt. Let the whole boil one hour longer. Take out the bones, and serve the soup with the meat in it.

NO. 7. ANNE MILLER'S MOCK TURTLE SOUP.

Make a good brown stock of veal and beef the day before you want your soup; in proportion of three pounds of veal and three pounds of beef to six quarts of water, three onions, three small carrots, two turnips, one head of celery, one tea-spoonful of mace, one tea-spoonful of cloves, and one dozen pepper-corns. Boil six hours, strain it, and when cold take off the fat.

Take a calf's head with the skin on, and boil it in a little water till tender enough to take the meat from the bone. Skim the water well; take out the head; cut it in small pieces; put your stock in with the liquor in which the head has been boiled; boil it gently two hours; add the juice of two lemons, a pint of Madeira or Sherry wine. Boil the whole ten minutes, and serve.

NO. 8. MOCK TURTLE SOUP.

Take the bones and bits of roast beef and roast veal, that remain from a previous dinner. Put them into your soup-pot with six quarts of water. Boil them all the afternoon, then strain the liquor and place it away to cool. Early the next morning have ready a calf's head; take out all the jaw bone that has the teeth in; take out all the bones of the nose; take out the eyes and the brains; put the brains in a bowl of clear water; let the head soak in milk-warm water, to disgorge the blood,—it will take an hour to soak it white,—change the water two or three times. When the head is quite clean put it into the soup-pot, with one quart of water, and let it warm slowly; it should be an hour in coming to a boil. Just before it boils, skim it well and turn over the head that all the scum may be thrown up. Continue to skim the water, and turn the head until the water looks clean and boils quite hard. Boil it one hour, then pour on the liquor boiled from the bones and bits the day before. After removing all the fat from this liquor, be careful not to pour in the sediment that may remain in the bottom. Let the whole come to a boil; skim it well, take out the meat; add to the liquor (there should be at least four quarts of liquor) one tea-spoonful of mace, one tea-spoonful of pepper; one tea-spoonful of ginger, one tea-spoonful of cinnamon, one-half a tea-spoonful of cloves, one-half a tea-spoonful of powdered thyme, and a

pinch of marjoram. Let the whole boil slowly until the liquor is reduced to three quarts. In the mean time take half the meat on the head, and half the liver, and half the heart, and half the tongue, and half the lights, and cut them in pieces of one and a half inches square. Lay these pieces in a dish and pour over them two table-spoonfuls of Tarragon vinegar. If no Tarragon vinegar is at hand, good sharp vinegar will answer as well, with the addition of a little sage. Half an hour before you wish to serve the soup, put these pieces into the liquor, and add a table-spoonful of salt. Taste it; and if the seasoning is so mixed that no one spice predominates, it is right. If not, add a little more of some one that is least perceptible. The proportions here given, however, seldom fail to unite agreeably to most palates. If you like lemon, you had better put it into the *tureen*, as its delicate flavour is impaired by boiling. Two hours before dinner-time remove the little veins that encircle the brains, and wash the brains in warm water, until they are quite free from blood; then tie them in a cloth, and boil them twenty minutes. In the mean time chop the remainder of the head and haslet quite fine; mash the brains with the back of a spoon; mix the whole in one mass; season the mass with sage, cloves, pepper, and salt; beat two eggs quite light, and mix them into the mass; make the whole into force-meat balls, of the size of a small egg; dredge a little flour upon each ball, and fry to a delicate brown. Serve some of these balls in the *tureen*, and some in a dish garnished with curled parsley and horse-radish.

If you do not wish to make force-meat balls, the meat is very nice warmed in a gravy made from the brains mashed with two ounces of butter, two table-spoonfuls of Tarragon vinegar, one table-spoonful of flour, one teacup of water, and seasoned with sage, pepper, and salt to your taste. Serve on a flat dish, adorned with parsley and horse-radish.

NO. 9. REAL TURTLE SOUP.

"This soup," says Soyer, "the friend of the doctor, the enemy of the alderman, has been and ever will be the leading article in English cookery." It is so complicated that few private families will attempt to cook it; and is so easily obtained, prepared for the table, in our large cities, that we

may procure it at less trouble and expense, than would be requisite to make it at home, I give one receipt from many.

Select a turtle that will weigh from thirty to forty pounds. Hang it up securely by the hind fins, cut off the head, and let it bleed well. Early the next morning separate the bottom shell from the top with great care, keeping the knife close to the upper shell lest the gall bladder be broken. Take out all the *interior* and throw it away, after carefully collecting from it all the green fat. Remove the fins and fleshy parts from the shells; saw the upper shell into four, and the lower shell into two parts; put the whole turtle, including the shell and the head into a kettle, place it upon a sharp fire, let it boil five minutes, to scald; then put it into a tub of cold water; with a knife take off all the scales and throw them away; take out carefully all the green fat and reserve it; return the remainder to the kettle; let it simmer until the whole meat comes easily from the shells, and the fins are tender; take out the shells and fins, and detach all the glutinous meat from the shells, cutting it in square pieces and reserving it until required.

For a turtle of this size cut up six pounds of veal, six pounds of beef, and one pound of ham; butter the bottom of the soup-pot; arrange the meat in the pot, in layers, with three onions, one carrot, twenty cloves, one tea-spoonful of pepper, and one pint of water; place upon a sharp fire, stirring occasionally until the pot is covered with a brown glaze; then fill up the pot with the water in which the turtle was boiled, adding more water if this is not sufficient to fill the pot; place the pot on a slow fire, and let it simmer two hours, keeping it well skimmed; then strain off this liquor; add one quart of water to the meat, boil it another hour, and strain it into the other liquor.

To make the Soup.—Put one half a pound of butter into a large soup-pot; with five sprigs of savory, five of thyme, five of basil, five of marjoram, and five bay leaves; place it, for a few minutes, over a moderate fire, but do not let it change colour; then stir in gradually one half of a pound of flour to form a roux, which keep stirring over the fire until it becomes tinged lightly; take it from the fire and stir occasionally until it becomes partly cold; then add the stock,

—which should amount to six quarts; place it again over the fire and stir it until boiling; then let it simmer two hours; pass it through a colander into a clean stew-pan; add the pieces of turtle meat; place the pan on the corner of the fire; let it simmer until the meat is quite tender; then add the green fat and a little salt, let it stew ten minutes longer. When ready to serve, add a salt-spoonful of Cayenne pepper and two gills of Madeira wine to each tureen full. Serve lemon cut in slices, separate. The remains of the soup will keep a long time in tight jars.

NO. 10. A RICH SOUP.

Take a part of a shin of beef, a small shin of veal, a neck of mutton, a knuckle of ham, the giblets of a turkey and chicken, and bits of cold meat, if you have any. Put them all into the soup-pot, immediately after dinner, with six quarts of water, one carrot, one turnip, one onion, two potatoes, and a little pepper; put the pot upon a brisk fire and let it come to a boil; then place it in a corner of the fire and let it boil gently until bed-time; then strain it through a colander, and set it away to cool.

Three hours before dinner take off the fat; return the jelly to the soup-pot; add a little salt, one half a tea-spoonful of celery seed, and, if you like it, a little vermicelli; place it over a moderate fire, boil it half an hour, then serve it.

This is a delicious soup, and not expensive. The bones may be saved to burn, and the fat may be clarified for frying. The seasoning of this soup may be varied, and thus several varieties may be made from the same meat. Great care should be taken not to let this soup boil too hard; it will thereby adhere to the pot, and stirring will not prevent this,—for that action will detach many little particles of meat, which falling under the bones, will adhere to the pot. But if the soup boils slowly, the meat retains its position until the bones are removed and the juices are all extracted from the meat.

NO. 11. PLAIN BEEF SOUP.

Take a shin or fore leg of beef, nicely cut in pieces, or sawed through the bone, and put it into cold water,—one quart of water to one pound of meat. You should put it on the fire as early as possible if you intend to dine before two or

three o'clock; as it requires at least four or five hours' boiling. When the water is just at the boiling point, skim it well; add pepper to your taste; six potatoes whole, two turnips in slices, one carrot grated, one large or two small onions, and, if you choose, two or three tomatoes. Let the whole boil slowly till within an half hour of dinner-time; add a table-spoonful of salt; pour off the liquor through a colander, and carefully skim off the fat. Taste it, to ascertain if it is sufficiently seasoned; boil for a few minutes longer, and it is ready for the table.

This liquor will be as thick as a rich jelly, and no one can discover, by its appearance or taste, what has thickened it. It is a very delicious soup, and costs but little. A shin weighing fifteen or sixteen pounds, will make five quarts of rich soup, which will keep perfectly good for a day or two, and may be served in a new variety by adding a little water and vermicelli, and boiling it for a half or three quarters of an hour.

NO. 12. A MOCK TURTLE SOUP.

In four or five quarts of water, boil a calf's head and haslet until perfectly tender; take them out, strain the liquor and skim off the fat; cut the meat, the lights, a part of the heart, and a part of the liver into pieces about one inch square; put these pieces into the liquor with two onions cut very fine, a few cloves, a little mace, and, if you choose, a little sweet marjoram, with pepper and salt to your taste; then put the whole over the fire and let it boil gently an hour and a half.

Put the whole yolks of four eggs boiled hard, and the whites cut fine, into the tureen, with half a pint of wine, and pour the soup in boiling hot. One or two lemons cut in slices and put into the tureen will add richness to the flavour, and give a delicate relish to the whole.

Take the remainder of the haslet and chop it fine with a half pound of lean veal, and a slice of salt pork, add the brains, pepper, salt, sweet herbs, and sage; break in one egg and mix the whole well together, and then make them into balls about the size of half an egg and fry them in butter, a delicate brown, put part in the soup and serve part on a dish garnished with curled parsley, and slices of lemon.

NO. 13. GOOD GRAVY SOUP.

Put one pound of beef, one pound of veal, one pound of mutton, cut in pieces, into six quarts of water, with a crust of bread, toasted very crisp, one carrot, one onion, a little summer savory, a little pepper, four cloves, and a blade of mace; cover it and let it stew over a slow fire until the liquor is reduced to two quarts; then strain it, take off the fat, and serve it with sippets of toast in the tureen.

NO. 14. MULLIGATAWNY SOUP.

Cut four onions, four apples, one carrot, two turnips, and one head of celery into three quarts of liquor, in which one or two fowls have been boiled; keep it over a brisk fire till it boils, then place it on a corner of the fire, and let it simmer twenty minutes; add four table-spoonfuls of currie powder, and one do. of flour; mix the whole well together, and let it boil three minutes; pass it through a colander; serve with pieces of roast chicken in it, and boiled rice in a separate dish. It must be of a good yellow colour, and not too thick. If you find it too thick, add a little boiling water and a tea-spoonful of sugar.

NO. 15. PEA SOUP.

Wash a quart of good, split peas, until the water turns off clear; soak them over night, in two quarts of good spring water; in the morning put them into the soup-pot with three additional quarts of water and a knuckle of boiled ham; put it over a slow fire, and let it be an hour in coming to a boil; then let it simmer slowly until all the peas have disappeared in the water, which will be from five to six hours. Do not stir it, if you do it will stick to the pot. If you find that it will not be thick enough, take off the cover and place the pot on a little hotter fire; if too thick, cover the pot more closely, and remove the fire from beneath it. Never add water to it after it begins to boil, for this will separate the peas from the water, and they will fall, a solid mass, to the bottom of the pot. Before serving, strain through a colander; add a little pepper and salt, to your taste, and serve hot.

This soup is good at all seasons; as the state of the atmosphere affects the evaporation of the water, it will be ne-

cessary to have regard to this fact, in estimating the quantity of water to be used.

NO. 16. WHITE OYSTER SOUP.

Separate the oysters from the liquor, and to each quart of liquor add one pint of rich milk; set it upon the fire, let it come to a boil; add the oysters; mix a heaping table-spoonful of flour with a table-spoonful of butter, and stir it into the liquor as soon as it boils; season with a little salt and pepper; serve on sippets of buttered toast.

NO. 17. OYSTER SOUP.

Cut small one dozen salsify roots, one onion, one carrot, into two quarts of water; keep the whole over a brisk fire until it boils; skim it well; remove it to a corner of the fire and let it boil slowly two hours; strain it, and rub the vegetables through a colander into the liquor; return it to the soup-pot; add two quarts of oysters with their liquor; put it over the fire; as soon as it boils thicken it with a large table-spoonful of flour and a spoonful of butter rubbed together; season with pepper and salt, and a grated nutmeg; serve hot.

NO. 18. OCHRA SOUP.

Take two dozen young ochra, wash and slice them thin; add two onions chopped fine; put the whole into a stew-pan with a gallon of water, and a knuckle of veal, a bit of bacon or pork, and six peeled tomatoes; boil until quite thick, which will be from three to four hours; serve the soup with or without the meat, as you like.

This is a Southern dish, and is sometimes called GUMBO. It should be boiled very slowly and steadily. Never let it cease boiling while over the fire.

NO. 19. VEAL SOUP.

Take two knuckles of fore-quarter of veal, and to every pound of veal add one pint of water; put it over a slow fire; skim well when it begins to boil; boil two hours; add a tea-cupful of rice washed clean; then boil twenty minutes; add pepper and salt, remove the meat to a flat dish, and serve it with melted butter and parsley, (Chap. II. No. 13;) serve the soup hot.

NO. 20. PHILADELPHIA PEPPER POT.

Put two pounds of tripe and four calves' feet into the soup-pot, and cover them with water; add a red pepper, and boil closely until the calves' feet are boiled very tender; take out the meats, skim the liquid, stir it, cut the tripe into small pieces, and put it back into the liquid; if there is not enough liquid, add boiling water; add half a tea-spoonful of sweet marjoram, sweet basil, and thyme, two sliced onions, sliced potatoes, salt, and dumplings made of butter and flour; boil the whole until the vegetables are quite tender; serve hot.

NO. 21. SPANISH OLIO.

Put two pounds of beef, two pounds of mutton, two pounds of veal, two pounds of boiled ham, one chicken, with four quarts of water, over a slow fire. Boil two hours, then add one onion chopped fine, two pears, three apples peeled and sliced, four tomatoes with skins off, a little chopped mint, one half pint of Lima beans, a small carrot grated, a tea-spoonful celery seed pounded, a tea-spoonful pepper, salt to your taste; stew until all the vegetables are well cooked; serve hot.

NO. 22. ANOTHER OLIO.

Take a rump of beef, a neat's tongue, boiled and dried, and Bologna sausages; boil them together two hours, then add mutton, pork, venison, and bacon, cut in bits, also turnips, carrots, onions, cabbage, borage, endive, sorrel, and spinach, also cloves, mace, nutmegs, cinnamon, pepper and salt; boil the whole one hour. In the mean time prepare a sauce of white wine, strong broth, bread crumbs, butter, yolk of two eggs, and saffron. When the olio is done, dish it up and pour the sauce over it.

NO. 23. ANOTHER OLIO.

Boil a turkey with remnants of goose, duck, widgeons, pheasants, partridges, quails, and larks, in salt and water. Then make a sauce of white wine, strong broth, chestnuts, cauliflowers, bread, marrow, artichokes, yolk of eggs, mace, cloves, saffron. When the olio is done, dish it by putting

the largest fowls on first and so on to the smallest, and then pour the sauce over them.

This is an elegant dish for the supper table.

NO. 24. CLAM SOUP.

Wash the clams while they are in the shell, then put them into a kettle with one quart of water to half a peck of clams; when the shells open, take them out, strain off the liquor, and put the clams in your soup-pot, season with pepper and butter, and a little salt, dredge a little flour over, and stir them till boiling hot, then pour on the liquor, and give them one boil up, and serve.

NO. 25. QUEEN'S CHICKEN SOUP.

Wash and dress nicely three fowls, put them into a soup-pot with one quart of water and one quart of strong veal broth, and a little parsley; simmer the whole over a moderate fire until the fowls are tender; then take out the fowls, remove their breasts and wings to make a fricassee, remove the skin from the remainder of the fowls, cut the flesh from the bones, pound it in a mortar, rub it through a colander, add to it the yolks of four eggs boiled hard, and the crumbs of two French rolls, return it to the pot with the liquor, give it one boil up, pour into it one quart of boiling cream, add a little salt, and serve immediately.

NO. 26. GIBLET SOUP.

Scald and clean three or four sets of goose or duck giblets; cut the gizzards into four pieces; put the giblets into a pot with one or two pounds of beef, a scrag of mutton, three onions, a large bunch of sweet herbs, a tea-spoonful of white pepper, a table-spoonful of salt, and five pints of water, and simmer the whole until the gizzards are quite tender; then skim the soup, add a quarter of a pint of boiled cream, or two glasses of Madeira; let it boil a few minutes, and serve with the giblets; when in the tureen add a little salt, and a little Cayenne.

NO. 27. GAME SOUP.

Break the bones of cold cooked game, and cut the meat in pieces; boil the bones and meat in broth for an hour or

more, then thicken the soup with the yolks of eggs and with boiled cream, and season it according to your fancy.

The soup will curdle if it is boiled after the eggs are mixed in with it.

NO. 28. MACARONI SOUP.

In three quarts of water boil half a pound of small pipe macaroni until quite tender; strain off the water, cut the macaroni into short pieces, put the pieces into a mixture of three quarts of strong broth and one quart of gravy, and boil for ten minutes; put the crust of one or two baked French rolls into the tureen, and pour in the soup, adding grated cheese and boiled cream.

NO. 29. VENISON—GRAVY SOUP.

Into a pot with five quarts of water put ten pounds of neck beef, six or eight pounds of veal bones, one pint of mustard seed, three onions, two roots of celery, one teacup of pepper corns, and two table-spoonfuls of cloves; boil the whole until the meat is boiled to pieces; then strain it, cool it, take the fat from its surface, and boil it up, adding one quart of Port wine, three gills of walnut catsup, one gill of ground mustard, and a few sippets of toasted bread.

☞ This soup is used as a gravy for venisons.

CHAPTER IV.

FISH.

GENERAL OBSERVATIONS ON SELECTING, PREPARING AND COOKING FISH.

As all fish lose their richest flavour in a short time after being taken from the water, it is necessary to purchase those that have just been caught. Fresh caught fish are easily selected by their hardness, under the pressure of the finger.

Nearly all kinds of fish are in their best condition in cold weather. Mackerel in July, August, September, and October. Halibut from February to July. Shad from April to June. Oysters are good in any month having an *r* in its name. Lobsters are best in May and June.

Salt water fish are improved by cooking in sea-water.

Fish should always be boiled slowly.

For broiling fish the gridiron must be rubbed with fat, to prevent the fish from adhering to the irons. Never turn a fish with a knife and fork, as you turn steaks; but hold a tin sheet upon it with one hand and turn over the gridiron with the other. Fish will break if turned in any other way.

Fish to be broiled should lie, after they are dressed, for two or three hours, with their inside well sprinkled with salt and pepper.

All fish ought to be eaten as soon as they are cooked.

FRESH COD, BOILED.

The head and shoulders are considered the best parts to boil. After dressing, lay them in cold water and vinegar,—allowing a half pint of vinegar to two quarts of water,—this process will remove the slime and harden the fish. Tie up the part to be boiled in a cloth, and put it into a sufficient quantity of boiling water to cover it. A large head and shoulders should boil thirty or forty minutes. Serve with melted butter, or sharp sauce, (Chap. II. No. 9.)

FRESH COD, BAKED.

A cod weighing seven or eight pounds is the best size to bake. Require the fishmonger to dress it clean, without cutting it entirely open. Make a fine forcemeat of bread crumbs, salt fat pork, pepper, salt, parsley, and sweet marjoram; with this forcemeat fill the body of the fish, and fasten together the opening with small bird skewers; score the sides of the fish, four or five cuts on each side; dredge it with salt and flour, lay it upon a grate placed in a dripping-pan, cover the bottom of the pan with water, bake in a moderate oven one hour and a half, baste with tomato catsup and butter; make the gravy by stirring a little flour and butter into the liquor of the dripping-pan; serve hot.

SALT COD, OR DUN FISH.

Put a salt cod, weighing seven or eight pounds, into a sufficient quantity of cold water to cover it, and let it stand in a warm place over night. In the morning pour off this water, wash the fish clean, put it into a kettle with cold water enough to cover it, and place the kettle where the water will scald. Keep the water scalding hot until within half an hour of dinner time; then turn off this hot water, and replace it with cold water, let it have one boil up, and the fish is ready for the table. Serve with egg sauce, (Chap. II. No. 2,) and boiled beets; or, if you prefer, with drawn butter and pork scraps.

PORK SCRAPS are made as follows:—Cut two slices of salt fat pork into very small bits, put these bits into a frying-pan and over a hot fire; stir them frequently until all the fat is extracted and they are a light brown crisp; serve in a sauce tureen.

COD FISH BALLS.

After removing all the bones and skin from the remains of the fish prepared as above, chop them fine with half their quantity of boiled potatoes; add a piece of butter and a little milk; to fish enough to make twelve small balls add one raw egg; mix the whole well together; make them into balls, and fry in pork fat or drippings; serve with mustard or horseradish.

MINCED FISH AND POTATOES.

Prepare the fish and potatoes as above, cut two slices of pork into small bits, and fry them quite brown; put the mince into the fat, stir until the mince has absorbed all the fat; let stand and brown, and serve hot.

PICKED-UP CODFISH.

Pick off one pound of salt cod, or dunfish in small bits, wash them in a little water; pour on half a pint of clear water, and set over a slow fire, let it scald three minutes, turn off the water; pour over the fish two tea-cupful of milk, a table-spoonful of butter, and break one egg into it, dredge with a little flour; stir one minute and serve hot.

This is a good breakfast dish.

SALT COD, BROILED.

Pull strips an inch wide and three inches long from a large and tender dunfish; soak them in cold water one minute, then wash and soak in tepid water five minutes; put them on a gridiron, over a moderate fire, and let them brown lightly; put a bit of butter on each, and serve.

This is a good breakfast dish.

SCRODE OR YOUNG COD, ROASTED.

Procure a fat scrode, and require the fishmonger to open and dress it; sprinkle a little salt and pepper upon it; spread it out flat and fasten it to a board, stand the board up before a brisk fire, that the fish may roast; when browned on one side, unfasten it from the board, and by means of a tin sheet, turn it on to a gridiron, that the other side may be browned. Be careful not to break the fish in transferring it from the board to the gridiron. Dish it, pour a spoonful of melted butter over it, and serve hot.

HADDOCK may be cooked in the same way, and is considered more delicate than cod.

SCRODE, FRIED.

Score a small scrode, dredge it with pepper and salt, roll it in Indian meal, fry it in hot pork fat. If you put the fish into fat that is not very hot, it will fall in pieces before it

crisps. Dish and serve hot, but never cover it before sending to the table.

HADDOCK may be cooked in the same manner.

CHOWDER.

Take a cod and haddock, and require the fishmonger to cut them into pieces about six inches square; wash them and dry them with a towel, dredge them with salt and flour; cut into small bits three slices of salt pork, put these bits into the pot in which you are to make the chowder, and fry them brown, cut up one onion fine and fry it with them, take out the bits of pork and put layers of fish into the hot fat, season with pepper and a pinch of cloves; then put in ten potatoes cut in halves, then a layer of fish and the bits of fried pork, with seasoning, so on until the pot is full; cover the pot closely, so that no steam can escape, and let stew five minutes. Wet a dozen hard crackers, split open, in a pint of water, and when the chowder stews pour them with the water in which they stand into the pot, let the whole stew thirty minutes, and serve.

If there is not gravy enough, pour in hot milk before serving. If you wish to eat the chowder as a soup, put in more water or milk with the crackers.

HALIBUT, BOILED.

The cut next to the tail-piece is the best to boil. Rub a little salt over it, soak it for fifteen minutes in vinegar and cold water, then wash it and scrape it until quite clean, tie it in a cloth, and boil slowly over a moderate fire,—allowing seven minutes' boiling to each pound of fish; when it is half cooked, turn it over in the pot,—serve with drawn butter or sharp sauce, (Chap. II. Nos. 1 and 9.)

Boiled halibut minced with boiled potatoes, and a little butter and milk, makes an excellent breakfast dish.

HALIBUT, BROILED.

The nape is the best piece for broiling, and it should be corned on the day before using. Wash it and roll it in Indian meal or corn flour, boil it over a moderate fire, putting the outside on the gridiron first,—when dished, put butter and pepper over it.

Slices cut from the body of the halibut, of half an inch in thickness, are very good when broiled plain.

FRESH SALMON, BOILED.

From the middle of a salmon weighing sixteen or eighteen pounds, take four pounds, wash it carefully, rub the inside with salt, tie it up in a cloth, and boil it slowly forty minutes; when half cooked turn it over in the pot,—serve with egg sauce, or drawn butter and parsley.

If any remains from dinner, pour one tea-cup of vinegar into two table-spoonfuls of the liquor in which the fish was boiled, heat it scalding hot and pour it over the salmon. This makes a fine relish for breakfast. Or you may mince the fish with potato, as minced cod.

FRESH SALMON TO POT.

Boil five pounds as above, but not quite so long; then cut it in pieces of equal size, to fit the baking-pot. First put into the pot a layer of the fish sprinkled with the following mixture of spices:—three tea-spoonfuls of salt, two of cinnamon, two of pepper, one of cloves, one of mace, and one of parsley, well stirred together,—dredge the layer of fish with flour, and add a bit of butter of the size of a walnut, then put in another layer of fish, with the same seasoning, and so on until the pot is filled; pour over the whole one half a tea-cup of Tarragon vinegar and one tea-cup of cold water, cover the pot with a coarse crust made of flour and water, so that no steam can escape,—bake it in a moderate oven six hours.

This dish, thus cooked, will keep good a fortnight in warm weather, and is a delicious relish.

SHAD put into a pot raw, and seasoned and cooked in the same manner, eats finely, and all the bones are so softened by baking that they are easily cut.

FRESH SALMON, BROILED.

Cut the slices three quarters of an inch thick, grease the bars of the gridiron, and broil over a quick fire; when cooked, dish and put a bit of butter on each slice,—serve with grated horseradish or slices of lemon.

FRESH SALMON, FRIED.

Cut the slices three quarters of an inch thick, dredge them with flour, or dip them in egg and crumbs,—fry a light brown.

HALIBUT is prepared and fried as salmon.

SMOKED SALMON.

Smoked salmon to be broiled should be put upon the grid-iron first, with the flesh side to the fire.

Smoked salmon is very nice when shaved like smoked beef, and served with coffee or tea.

HADDOCK.

This fish may be boiled, fried, and roasted, as directed for fresh cod. It is a more delicate fish, and requires less time to cook than cod.

BLACK FISH.

The best mode of cooking black fish is to stuff and stew or bake it.

Great care is requisite in cleaning this fish. It should be cleaned as follows,—lay it in a pan and pour boiling water over it, scrape it while hot, then soak it for two hours in vinegar and salt water, then rub it and wash it in cold water, and it is ready for cooking.

To cook it:—Stuff it with a forcemeat, made as for baked cod, with the addition of vinegar to moisten it. If you wish to bake it, put it upon the grate in the dripping-pan, and proceed as directed for baking fresh cod—bake one and a half hours. If you wish to stew it, lay it flat on the bottom of the dripping-pan, and proceed as directed for baked cod, adding a little more water; stew in a moderate oven one hour.

FRESH SHAD.

The best mode of cooking shad is to broil it. Cut it open and take out the back bone, dredge the fish with salt and pepper, and let it lie over night; broil it over a moderate fire, putting the flesh side to the fire first.

Shad may be cooked in any of the modes mentioned for cooking fresh cod.

SEA AND STRIPED BASS.

Sea and striped bass may be broiled, boiled, fried, and made into chowder, according to the directions given for cooking fresh cod.

FRESH MACKEREL, BROILED.

Split it through the back, clean it, dredge it with salt and pepper, and let it lie three or four hours; grease the gridiron,

and broil over a quick fire, putting the flesh side to the fire first; when browned on this side, turn the fish over without breaking it, and brown the other side; spread bits of butter over it; and serve hot.

Never scrape a mackerel in cleaning it.

FRESH MACKEREL, BOILED.

Clean a large mackerel nicely, tie it in a cloth, and boil it over a moderate fire twenty minutes. Serve with nasturtian sauce.

FRESH MACKEREL, FRIED.

The best manner of cooking small mackerel is to score them, salt them, roll them in Indian meal, and fry them in hot pork fat, according to directions for fried scröde.

SALMON TROUT.

Salmon trout may be broiled and fried in the same manner as fresh mackerel.

PERCH.

Perch are skinned and cooked with the head on, according to the directions for cooking fresh mackerel.

PIKE AND PICKEREL.

These are very dry fish, and ought to be stuffed, when baked or boiled, with the same forcemeat described in directions for baking fresh cod.

Pike and pickerel are fried like fresh mackerel. These fish are excellent, served with oyster sauce or melted butter, and garnished with slices of lemon and grated horseradish.

SMELTS.

Clean them, handling them as little as possible; dip them in egg well-beaten, and roll them in crumbs of bread or cracker, until they are coated; fry some salt pork in lard, and, when the fat is quite hot, take out the slices of pork and put the smelts into the hot fat; fry them a light brown.

Some people serve smelts with drawn butter, but this spoils their fine crisp. Smelts are very nice rolled in flour, without egg, and fried in butter.

SILVER FISH.

This is a small and very delicate fish, peculiar, I believe, to the South. Take it by the head, between your left thumb and fore-finger, press it slightly, and, pulling the body gently with your right hand, the head and the inwards will be separated from the body. Roll the body in egg and cracker crumbs, and fry in butter. These are by some considered the most delicious of all fish. They are sold in the Charleston market by the quart measure.

EELS.

Cut the eels into pieces four or five inches long, and broil them on a gridiron; season with pepper, salt, and butter.

Eels are boiled in salt water, and fried as smelts.

OYSTERS, ROASTED.

Select single oysters in the shell, and put them, with the rounded side down, upon a gridiron and over a sharp fire. They will roast in a very short time. Send them to the table in the shell, with coffee, cold-slaw, and fresh bread and butter.

OYSTERS, STEWED.

Take the oysters from the liquor with a wooden fork, in order to free them from the grit that floats in the liquor, and to keep them whole; put the oysters into a stew-pan, and let the liquor stand half an hour to settle; then pour off all that runs clear, put it into the pan with the oysters, boil them over a moderate fire, and, just before they come to a boil, skim them well, braid together a table-spoonful of flour and two of butter with a pinch of pepper and mace; stir this into the oysters, give the whole one boil-up, and pour it upon sippets of toast and crackers, already prepared in your dish; serve hot.

OYSTERS, STEWED IN MILK.

To stew oysters in milk, proceed as above, using milk and a little salt, instead of the oyster liquor.

OYSTERS, FRIED.

Roll each oyster separately in cracker crumbs; fry in butter over a quick fire,—they should be fried a delicate brown.

Another mode of frying oysters is to drop them into a batter made of two eggs and two spoonfuls of flour, and fry them singly, in hot butter, to a light brown.

OYSTERS, ESCALOPED.

Take out of the liquor, say two quarts of oysters; pound fine six hard crackers; butter the oyster dish, and sprinkle a few crumbs of cracker upon the bottom; arrange in the dish a layer of oysters, and sprinkle them with pepper, mace, and cracker crumbs, and add small bits of butter; then arrange another layer of oysters with the same seasoning, and so proceed until the dish is filled, then sprinkle cracker crumbs thickly over the top, pour on two table-spoonfuls of vinegar, or a glass of Sicily wine, and bake in a hot oven thirty minutes.

Some pour on the wine or vinegar when the dish comes from the oven,—I think it the best way.

OYSTER PIE.

Make a light paste, as directed chap. xvi., and with it line the sides and bottom of your cooking dish; then fill the dish with bits of stale bread, cover with a crust of puff paste, and bake, in a quick oven, to a light brown. In the mean time take out of the liquor, with a wooden fork, oysters enough to fill the baking dish, put them into a stew-pan and over the fire, skim them as soon as they scald, and, when all the scum is off, stir in one table-spoonful of flour and three of butter to two quarts of oysters; add a little pepper, and, if you prefer, a glass of wine. Take off the crust from the baking dish, remove the bits of bread, and pour in the hot oysters and liquor from the stewing-pan, replace the crust upon the dish, and serve immediately.

The bits of bread, baked as above, make an excellent bread pudding.

Another mode of making oyster pie is to put the oysters into the baking dish, instead of the bits of bread, and bake immediately. But in this case the crust, being constantly soaked with the oyster liquor, will not bake well.

OYSTERS TO PICKLE.

Take the largest oysters from the liquor, free from shells and grit; put them into a pot with a little mace, pepper, and

salt; pour over them one tea-cup of liquor and one tea-cup of the best vinegar to every quart; set the pot into a kettle of boiling hot water, and let the oysters, &c. scald through.

Pickled oysters are to be eaten cold.

LOBSTERS.

Lobsters are brought to the Boston market already boiled. If you procure them alive, they should be put immediately into boiling salt water, and boiled thirty or forty minutes, according to the size of the lobsters.

Pick the meat from the shell in as perfect a form as possible, cut it into pieces of equal size, put them into a spider with the liquor that comes out of the shell, two table-spoonfuls of celery vinegar, a little Cayenne pepper, a pinch of sugar, and two table-spoonfuls of butter, dredge with flour, cover closely, and let stew ten minutes, stir it, when cooked, and serve.

This is a very good mode of cooking lobsters for pie, as directed for oyster pie.

CLAMS.

There are "long clams" and "round clams." The large round clam is sometimes called Quahog. This kind is best for roasting; make a large fire of charcoal, put the clams on so as not to spill the liquor, roast brown, and eat from the shell with pepper and butter.

The small round clams and the long clams, with their shells on, may be put into a pot with just water enough to prevent their burning; let them boil five minutes, then turn them into a colander, and save the liquor; after the liquor has settled, pour off clear, as much as you wish to use, into a stew-pan; then take the clams from their shells, put them into the stew-pan in which the clear liquor is, with a little pepper; set them on the fire, and, when boiling hot, stir in butter and flour braided together, give them one boil-up, and serve on sippets of toast.

CRABS.

Crabs may be boiled as lobsters. They make a fine dish when stewed; take out the meat from the shell, put it into a sauce-pan with butter, pepper, salt, a pinch of mace, and a very little water; dredge with flour, and let simmer five

minutes over a slow fire. Serve hot; garnish the dish with the claws laid around it.

FROGS.

The green frog is the only kind fit to eat. Take the hind quarters, peel off the skin, and sprinkle them with salt and pepper, rub a little lard upon the bars of the gridiron, put the hind quarters on the gridiron and over a moderate fire, and broil to a nice brown on both sides, put a little butter upon them and serve hot.

This is a delicious dish, and is sometimes recommended as diet for persons recovering from a protracted fever.

TERRAPINS.

Put the terrapins alive in a pot of boiling water; when boiled, take off the outer skin and toe nails, and after washing them in cold water ascertain if they are done, if so, take off the shells, remove the sand and galls without breaking them, then cut the meat in small pieces, put in your stew-pan, season with pepper and salt, add a large quantity of butter, dredge a little flour, and stew them a few minutes, add five spoonfuls of cream and half a pint of Madeira wine, serve hot.

PRAWNS are cooked like lobsters.

CHAPTER V.

GENERAL OBSERVATIONS ON SELECTING, PREPARING, AND COOKING

BUTCHERS' MEATS.

Meats that require washing, should be washed as quickly as possible, for the water will extract the juices of the meat.

BEEF that has been well kept, for two or three days, in whole quarter, if newly cut, should not be washed at all. If such beef requires cleansing, wipe the parts with a clean towel. If the meat is frozen, it must be laid in *cold water* to thaw, and it should be put to the fire as soon as the frost is out of it, or it will lose much of its moisture and sweetness.

BEEF and MUTTON are best, in winter, when they have been hung up for two or three weeks. They are seldom found good in summer, because it is impossible to let them hang long enough without injury.

VEAL and LAMB are ripe for cooking when they have hung twenty-four hours.

PORK is not injured by keeping in winter. It is not considered a wholesome article of food in warm weather.

PORK and VEAL should always be well cooked, so that in carving no blood shall follow the knife; and, in order to have them moist, tender, and thoroughly done, they should be well dredged with flour before putting to the fire. This will keep the juices in the meat.

LAMB will not be injured by soaking in water. If it is to be roasted, it should be covered with the caul, as the fat that drips from that, in roasting, will preserve the moisture of the meat.

VENISON is a delicious dish when well cooked. Always cook venison underdone, without many spices or herbs. It should hang at least one month to ripen, before it is fit to eat.

As the natural flavor of every kind of animal and vegeta-

ble production, suitable for food, is more delicate, when properly prepared, than any flavor which can be imparted by a medley of seasoning; the cook should be familiar with the following general hints concerning the best manner of preparing animal food.

BOILING.—All kinds of meats, fish, flesh, and fowl, should be boiled very slowly, and the skum should be taken off from the water just before the boiling commences. Salt meats should be put into cold water and over a slow fire, to heat gradually before coming to a boil. Fresh meat should be put in scalding water and over a slow fire, to concentrate the juices. Never put salt upon fresh meat that is to be boiled, until it is more than half cooked: for the salt will harden the water in which the meat is boiling. To every pound of fresh meat allow fifteen minutes to boil; to every pound of salt meat allow twenty minutes to boil. Always have at hand a kettle of boiling water, from which to replenish the meat pot as the water in it boils away. Keep fresh meat covered with water while boiling. Salt meat requires more water than fresh meat, but the cook must judge of the quantity from the quality of the meat and the tastes of those for whom she is cooking. Fresh meats require close attention in boiling; if they boil too hard, they toughen, all their juices are extracted and only the fleshy fibre, without sweetness, is left; if they boil too long, they are reduced to a jelly, and their nourishing properties are transferred to the water in which they are boiled. It is a mistaken notion, though very prevalent, that boiled meat requires less care than roast meat; and perhaps this is the reason why we seldom see a handsomely boiled joint brought to the table. Nothing pertaining to the labors of cookery is more difficult than to boil meat just right; and to do it, good judgment and a close attention are always indispensable.

ROASTING.—It is impossible to give any definite rules for roasting meat. The nature of a roast must depend, in a great measure, upon the taste of those for whom you cook—some preferring meat quite dry, others underdone. But in order to retain the juices and flavor of the meat, when cooked, the following particulars must be observed.

1. Dredge the meat with flour and salt before you put it to the fire.

2. Let the meat heat through before you brown it.
3. After the meat is heated through, put it up close to a sharp fire to brown:
4. Baste the meat frequently after it begins to brown.

If these particulars are closely followed, you will have a roast which will satisfy the most fastidious palate.

To LARDER meat or poultry is to introduce, into the surface of the flesh, slips of the clear fat of bacon or salt pork, by means of a larding-pin, which is a small steel instrument, sharp at one end and cleft into four divisions at the other, and can be obtained at hardware stores.

Cut the clear fat of the bacon or pork into strips about two inches in length, and less than half an inch in thickness. Put these strips, one at a time, into the cleft end of the larding-pin, and draw them through the fleshy parts of the meat, leaving about half an inch appearing above its surface. Arrange them in fanciful forms, such as diamond rows, &c.

Lardering moistens the meat while cooking, adds richness to its flavor, and ornament to the dish. A fillet of veal or a round of beef is much improved by lardering. Fowls and game should be larded on the breast only.

Every basting ladle should be half covered with a strainer, or perforated tin, in order that the butter may be poured easily and evenly over the poultry or meats, without waste. Such may be obtained at tinware shops.

CHAPTER VI.

VENISON.

HAUNCH OF VENISON, ROASTED.

Take a haunch weighing twelve pounds, and require the butcher to trim off the chinebone and the end of the knuckle; wrap two or three folds of buttered paper, or the caul of a lamb, closely around the haunch to prevent its fat from burning; spit the haunch, set it before a slow fire, and roast it three hours, basting it frequently with salt and water to prevent the paper from burning off; then remove the paper or caul, baste the haunch with butter, set it nearer the fire, and give it a light brown; continue to baste with butter, dredge it lightly with flour, and when it is well frothed and browned on all sides, it is done; wrap a ruffle of cut paper around the knuckle bone, and send the haunch to the table with a plain gravy made from the trimmings of the venison, and seasoned only with a little salt; serve with currant jelly, which is good dissolved in Port wine.

If the venison has hung three or four weeks, (and it ought to hang as long before cooking,) it will be necessary to take off the outer skin before roasting.

NECK AND SHOULDER OF VENISON.

The neck and shoulder of venison may be roasted without the paper or caul, mentioned above. Larder with thin slices of salt pork or boiled ham; garnish with sorrel, and make a gravy as above.

A shoulder of ten pounds will roast in two hours.

VENISON STEAKS.

The best venison steaks are cut from the saddle; they should be cut three quarters of an inch thick, and treated like beefsteaks; serve with currant jelly.

VENISON, SMOKED.

Smoked venison is found in the Boston markets in the months of April and May. It is very nice when shaved like smoked beef. - You may cut it in slices, pour tepid water over it, and broil it on a gridiron like beefsteaks. You may boil it like ham; it requires half the time to cook that ham requires; it may be covered with white-washed canvass, like the Westphalia hams, and preserved for a long time.

CHAPTER VII.

BEEF.

TO CURE BEEF—SOUTHERN MODE.

Add fifteen pounds of salt and one pound of powdered saltpetre to fifteen gallons of water. Stir this mixture frequently until the salt is dissolved; cover it with a cloth to keep out the dust; remove the scum as it rises.

Cut your beef in suitable pieces, rub it well with salt, pack it in a barrel, scattering salt between the layers. When all the beef is thus packed, pour over it the brine, already prepared, and cover all closely with a board fitted to the inside of the barrel; place a heavy weight upon the cover to keep the beef under the brine, and if any scum rises take it off carefully.

This will keep, in a cool place, all winter; but if it gets too warm, the brine must be poured off and scalded, let it stand until it becomes cold, then pour it over the beef again.

TO CURE BEEF.—NEW ENGLAND MODE.

Add four pounds of salt, six ounces of saltpetre, two pounds of brown sugar, and one-half a tea-cupful of allspice, to six gallons of water. Boil all together, skim it well; set it aside in a wooden vessel to cool; pack your beef in a barrel, with salt between the layers, pour the cold brine over it, cover all with a board, and put a weight upon the board sufficient to keep the meat under the brine. If any scum should rise, the brine will require a scalding.

ANOTHER MODE OF CURING BEEF.

To one ounce of saltpetre add half a pound of brown sugar and four quarts of salt, mix all well together, and rub the meat with the mixture, turning it every day for a week; this preparation is sufficient for a dozen tongues or two hams of beef or pork,—keep them closely covered while in the pickle.

NO. 1. TO ROAST BEEF.

Never roast a piece of beef in the *oven*. No meat is so much injured as beef by roasting in an oven.

Sprinkle salt upon the beef when it is put upon the spit, and rub it in with your hand, then dredge it with flour, put water into the pan with a little salt, and place the whole before a moderate fire for fifteen or twenty minutes, turning every part to the fire in order that the salt and flour may be incorporated with the juices of the meat; then quicken your fire and place the beef close before it; as fast as the beef browns, baste and dredge it, turning the spit as often as necessary until the meat is cooked.

If care is taken to baste the beef frequently, the gravy in the pan will be brown enough without any additions. If it is a large piece of beef that you are cooking—say twelve pounds or more—allow fifteen minutes to every pound; if a small piece, allow ten minutes to every pound, and, if you like it very rare, allow less time.

Make a GRAVY of the drippings. After carefully skimming off all the grease, pour the remainder into a sauce-pan. If you find it not thick enough, grade a little flour and water carefully so as to make no lumps, and stir it into the liquid while it is boiling. Three minutes is long enough to boil it, and it is ready for the table.

The best pieces for roasting are the first and second cut of the *surloin*. The next to be preferred are the first cut of the *rib*, and the back of the *rump*. But all butchers do not cut the meat uniformly alike, and sometimes there is so much of the flank on the surloin that you will dry up the meat, instead of cooking it, unless you roll up the end of the flank before you put it upon the spit.

NO. 2. BEEF BOUILLI.

Mix together three tea-spoonfuls of salt, one do. of pepper, one do. of cloves, one do. of cinnamon, one do. of mace; with this mixture rub a piece of beef, from the round, weighing ten pounds; let it stand over night; in the morning put long skewers in the bottom of the pot, and place the beef upon them, dredge the beef thoroughly with flour, and then cover it with water; put the pot upon a hot fire, and when it begins to boil, set it on the corner of the fire, so that

it will only simmer, let it simmer two hours, then put in two small carrots sliced thin, a small head of celery, two or three turnips sliced, and, if you like, a small onion cut fine; let the whole stew slowly for two hours longer, keeping the pot closely covered, then take up the meat in a deep platter, and arrange the vegetables around it.

If the GRAVY is not seasoned enough, add a little seasoning, and a tea-spoonful of Tarragon vinegar, give it one boil, and serve in a gravy tureen.

A LEG OF MUTTON, cooked in this manner, is very nice, with the addition of two table-spoonfuls of pickled capers or nasturtians in the gravy.

NO. 3. TO ROAST A BEEF HEART,

Open the heart sufficiently to remove the ventricles, then soak it in cold water until the blood is discharged. Prepare a forcemeat of bread crumbs and salt fat pork chopped fine, season the forcemeat with pepper, sweet marjoram, parsley, and sweet basil; stuff the heart with the forcemeat, and secure the opening with small skewers; cut thin slices of fat ham and skewer on to the outside of the heart, put it on the spit, let it roast slowly two hours or more; baste it with the fat that drips from the ham; serve it with current jelly, or horse-radish grated, and a few slices of lemon.

SPICED BEEF.

For a round of beef weighing twenty or twenty-four pounds, take one quarter of a pound of saltpetre, one quarter of a pound of coarse brown sugar, two pounds of salt, one ounce of cloves, one ounce of allspice, and half an ounce of mace, pulverize these materials, mix them well together, and with them rub the beef thoroughly on every part; let the beef lie for eight or ten days in the pickle thus made, turning and rubbing it every day; then tie it around with a broad tape, to keep it in shape; make a coarse paste of flour and water, lay a little suet finely chopped over and under the beef, enclose the beef entirely in the paste, and bake it eight hours. When you take the beef from the oven, remove the paste, but do not remove the tape until you are ready to send it to the table. If you wish to eat the beef cold, keep it well covered, that it may retain its moisture.

TO BOIL A BEEF HEART.

Open the heart sufficiently to remove the ventricles, then soak it in cold water until the blood is discharged; then drain it and put it in a pot with a pound and a half of salt pork and three quarts of water, put it over a hot fire, let it come to a boil, skim it well, diminish the fire, let it boil slowly two hours, or, if it is a large heart, two hours and a half. Serve it with drawn butter.

This is a delicious dish when well cooked. What is left from dinner is excellent for mince pies.

BEEFSTEAK.

Steaks should never be covered after they are laid upon the dish; a cover smothers them, and thus they lose their best flavors. Beefsteaks should be eaten as soon as they are cooked.

The best pieces for steak are the *surlain* and the *rump*. The top of the round, next to the aitch bone, is very juicy, and by pounding it with a mallet may be made as tender as the rump. The steaks should be cut nearly an inch thick. It is not necessary to grease the gridiron before putting on the steak, indeed the flavor of the meat is much impaired by so doing.

Prepare a brisk fire of coals, put your gridiron over it, but do not let your gridiron get hot before you put on the steak. As soon as the sinews become crisped a little, turn the steak. Do not spill the gravy upon the fire. Take up the steak on a hot dish, turn the steak and replace it upon the gridiron. It will require ten minutes to scald it through and brown the outside. As soon as the steak is cooked, put it upon your hot dish, season it with salt, pepper, and butter, and serve it immediately.

BEEFSTEAK, WITH ONIONS.

Cook the steak as above. Pour a pint of boiling water upon three peeled onions, let them stand five minutes, drain off the water, fry the onions in a little butter until quite brown, cut them in slices, lay them in the beefsteak dish, and serve the steak on top.

This is a French dish, and when well cooked is very nice.

BEEFSTEAK, WITH OYSTERS.

Cook the steak as above. Put one quart of oysters, with very little of the liquor, into a sauce-pan and upon the fire, when it comes to a boil take off all the scum that may rise, stir in three ounces of butter mixed with a large tea-spoonful of flour, let it boil one minute, pour it over the steak,—serve hot.

BEEFSTEAK WITH RICE.—A TURKISH DISH.

Broil steaks one half an inch thick, quickly, cut them into very small bits, stir these bits into hot rice boiled tender, with a lump of sweet butter, pepper, and salt; serve hot.

You must not let the steaks dry over the fire.

ROAST BEEF PIE.

Cut the cold roast beef or beefsteak, left from a previous meal, into thin slices, lay some of the slices into a deep dish which you have lined, *on the sides*, with a good puff paste; sprinkle over this layer a little pepper and salt, a pinch of ground cloves, put in a small bit of butter and a few slices of tomatos; make another layer of beef, another layer of seasonings, and so on until the dish is filled; cover the whole with paste, and bake one half of an hour.

BEEF A LA MODE.

Mix together three tea-spoonfuls of salt, one of pepper, one of ginger, one of mace, one of cinnamon, and two of cloves. Rub this mixture into ten pounds of the upper part of a round of beef. Let the beef stand, in this state, over night. In the morning make a forcemeat of half a pound of bread crumbs, half a pound of fat salt pork or bacon, a tea-spoonful of ground thyme, a tea-spoonful of sweet marjoram, and a little pepper and salt. With a long skewer fasten the two ends of the beef together, so that its form will be circular, and bind it around with tape, to prevent the skewers giving way. Make incisions in the beef with a sharp knife, fill these incisions very closely with the forcemeat, dredge the whole with flour. Put a pint of water into your stew-pot, place long skewers in the bottom of the pot, and above the water, upon these skewers place the beef, cover the pot closely, let it simmer four hours over a slow

fire, dish up the meat, take the fat from the gravy, and add two table-spoonfuls of Tarragon vinegar and flour enough to thicken it. Serve with slices of lemon and grated horse-radish.

This beef has a fine relish when cold. It will keep, when thus cooked, one week in winter and three days in summer.

HUNTERS' BEEF.

Select a fine fat round, weighing about twenty-five pounds, take three ounces of saltpetre, one ounce of cloves, half an ounce of allspice, a large nutmeg, and a quart of salt; pound them all very fine, take the bone out, and rub the meat with this mixture on both sides; put some of it at the bottom of a tub just large enough to hold the beef, lay the beef in, and strew the remainder of the mixture on the top; rub the beef well every day for two weeks, spreading the mixture over it; at the end of this time wash the beef, bind it with tape to keep it round and compact, filling the hole where the bone was with a piece of fat, lay it in a pan of convenient size, strew a little suet over the top, pour on it a pint of water, cover the pan with a coarse crust, and a thick paper over that, bake it five hours, when cold take off the tape.

It is eaten with vinegar, mustard, oil or salad. Skim the grease from the gravy and bottle it; it makes an excellent seasoning for any made dish.

TO COLLAR A FLANK OF BEEF.

Procure a well corned flank of beef,—say six pounds. Wash it, and remove the inner and outer skin with the gristle. Prepare a seasoning of one tea-spoonful each of sage, parsley, thyme, pepper, and cloves. Lay your meat upon a board and spread this mixture over the inside. Roll the beef up tight, fasten it with small skewers, put a cloth over it, bandage the cloth with tape, put the beef into the stew-pot, cover it with water to the depth of an inch, boil gently six hours; take it out of the water, place it on a board without undoing it; lay a board on top of the beef, put a fifty pound weight upon this board, and let it remain twenty-four hours. Take off the bandage, garnish with green pickles and curled parsley, and serve.

TO FRIZZLE BEEF.

Shave off very thin slices of smoked or dried beef, put them in a spider and pour a little warm water over them, stir up, and turn off the water, add a piece of butter, of the size of an egg, to a pound of beef, put the whole over the fire; beat up two eggs with three table-spoonfuls of milk, dredge the beef with a little flour, pour over it the beaten eggs and milk, let it come to a boil, and serve.

BRISKET OF BEEF.

Procure a nice brisket of beef,—say ten pounds,—with as little fat as possible. If there is too much fat, cut some of it off. Detach all the bones from the beef and put it into beef pickle. Let it lie in this pickle one week, if in winter, or three days, if in summer, turning it over every day. Take it out, drain it well, cut it into two equal parts, place one part upon the other, mixing the fat and lean well, tie the parts together with a strong wide tape, wrap the whole in a clean cloth, put into a large pot, containing two gallons of water, let simmer over a slow fire for five or six hours. To ascertain whether it is done, run a skewer through it; if it is tender, it is thoroughly cooked: take it out, lay it upon a flat board, drain it a few minutes, lay another board upon top of the beef, and a fifty pound weight upon that, let it remain in a cold place until morning, then take off the weight and board, pull the cloth gently at each angle, when the cloth is loose, turn it over with the beef upon your dish, remove the cloth and tape, garnish with parsley, radishes, and water-cresses, and serve.

Nothing is nicer than this for a breakfast or luncheon in warm weather. In a cool place it will keep good a week, when thus cooked.

TO BOIL CORNED BEEF.

The aitch bone, the brisket, and the rattleran are considered the best pieces for boiling. If you buy them in the market already corned, they will be fit to put over the fire without a previous soaking in water. If you corn them in the brine in which you keep your beef through the winter, they must be soaked in cold water over night. Put the beef into a pot of cold water and over a brisk fire, let it

come to a boil in half an hour, just before boiling remove all the scum from the pot, place the pot on a corner of the fire, let it boil very slowly until quite tender.

A piece weighing eight pounds, requires two and a half hours boiling. If you do not wish to eat it hot, let it remain in the pot after you take it from the fire until nearly cold, then lay it in a colander to drain, lay a cloth over it to retain its fresh appearance, serve with horse-radish and pickles.

TO POT BEEF.

The round is the best piece for potting, and you may use both the upper and under part. Take ten pounds of beef, remove all the fat, cut the lean into square pieces, two inches thick. Mix together three tea-spoonfuls of salt, one of pepper, one of cloves, one of mace, one of cinnamon, one of allspice, one of thyme, and one of sweet basil. Put a layer of the pieces of beef into an earthen pot, sprinkle some of this spice mixture over this layer, add a piece of fat salt pork, cut as thin as possible, sprinkle a little of the spice mixture over the pork, make another layer of the beef with spices and pork, and so on until the pot is filled. Pour over the whole three table-spoonfuls of Tarragon vinegar, or, if you prefer it, half a pint of Madeira wine; cover the pot with a paste made of flour and water, so that no steam can escape. Put the pot into an oven, moderately heated, and let it stand there eight hours; then set it away to use when wanted.

Beef cooked in this manner will keep good a fortnight, in moderate weather.

It is an excellent relish for breakfast, and may be eaten either warm or cold. When eaten warm, serve with slices of lemon.

TO BOIL A BEEF TONGUE.

A saltpetre tongue must be soaked in water all night. In the morning wash it well and put it into a pot with three or four quarts of cold water. Boil it slowly five hours. Try it by putting a skewer through it; if quite tender, it is done.

If you wish to eat the tongue cold, let it remain in the pot until the water is nearly cold, then take it out, and take off

the skin, and cover it with a dish cover, that it may not dry on the outside. Send it to the table whole, and garnished with green parsley.

TO BOIL A SMOKED TONGUE.

Select a tongue that is plump and has a smooth skin. Soak it in cold water over night. In the morning wash it, put it into a pot of cold water, put it over a slow fire, do not let it come to a boil in less than two hours, then keep it simmering three or four hours longer; try it by putting a fork or skewer through it, if quite tender throughout, you may take it from the water; do not remove the skin until you are about to send it to the table, as it becomes black and dry very soon after the skin is removed.

Serve with mashed potatoes around the dish, and garnish with green parsley.

TO BOIL A PICKLED TONGUE.

Put it into boiling water, and let it boil three hours or more according to the size. Try it with a fork or skewer, and when quite tender skin it, and send it to the table with mashed potatoes and horse-radish grated.

CHAPTER VIII.

VEAL.

A LOIN OF VEAL TO ROAST.

If the fire is quite large, place your roaster at a distance from the fire, so that the meat may have time to heat through before it begins to brown. Salt it, and dredge it thoroughly with flour, and put a little water into the dripping-pan to baste with the gravy. When the meat is thoroughly heated, place it nearer the fire, and, when nearly done, baste it with butter.

A large loin will require three hours to roast well. It should be thoroughly cooked, so as to show not the least redness in carving.

Veal that has been bled to death is much sweeter and whiter than veal that has been knocked in the head. In selecting veal always choose that which is whitest and fattest. The butchers have a method of blowing up veal to make it look plump; but this is seldom done to first rate veal, and very fat veal will recommend itself without this method.

A BREAST OF VEAL TO ROAST.

In preparing a breast of veal for the spit, skewer the sweet-breads to the back, and cover the breast with the caul, to prevent its drying. Rub it with salt, and allow fifteen minutes to each pound of meat. Roast it before a moderate fire. Take off the caul just before the veal is done, and brown the veal all over, basting it with the drippings.

FILLET OF VEAL TO ROAST.

Take out the bone. Prepare a stuffing of bread crumbs, fat salt pork,—or, if you prefer it, butter and egg,—salt, pepper, and sweet herbs, minced fine and thoroughly mixed. Stuff the place whence the bone was taken, and skewer the flap over the stuffing at one end. Fasten the other end with

a skewer, or sew it up with a coarse needle and pack thread. Lard the outside of the meat with strips of fat ham or salt pork. Spit the veal, put a little salt and water into the dripping-pan, baste the meat with this salt and water, place it before a moderate fire, allow fifteen minutes to each pound. By no means remove the veal from the fire until it is thoroughly cooked. When cooked, baste it with butter, and serve it with sliced lemon.

To make the GRAVY, turn the drippings into a sauce-pan, skim off all the fat, put in your seasoning, place over the fire, stir in a little butter and flour well graded together, let it come to a boil, and turn it into the gravy tureen.

A KNUCKLE OF VEAL TO STEW.

Put four skewers into the bottom of the pot, break the knuckle in two or three places, lay it upon the skewers, and cover it with water. Season with a little salt and pepper, and if you have a ham bone, put it into the pot with the veal, it will greatly improve its flavor. Place the whole over a hot fire, and when it comes to a boil diminish the fire and let it simmer two hours very slowly.

When cooked serve it in a deep platter with the gravy around it, and garnished with parsley. Put a piece of butter in the gravy before you remove it from the fire.

VEAL CUTLETS.

Cut the slices of about three quarters of an inch in thickness, from a leg or fillet of veal. Put them into a stew-pan with a few thin slices of salt pork or fat ham. Add a tea-cupful of water, and parboil them ten minutes, then turn off all the gravy, and fry them a light brown. In the mean time season your gravy and dredge a little flour in it. When the cutlets are quite tender and well browned, pour over them the gravy, cover the stew-pan closely and put it over the fire for two or three minutes. Then serve with grated horse-radish.

VEAL STEAKS.

The best steaks are cut from the fillet or leg. They should be cut very thin, and broiled over a clear fire, that they may not dry in cooking. When browned on one side, turn and brown them on the other side.

Make a GRAVY of butter, seasoned with pepper and salt and a little lemon juice. Put your dish near the fire, so that the butter will melt. Put the meat hot into the gravy, and send it to the table immediately. It becomes very dry and hard by standing.

VEAL PIE.

The rack or the breast are the best pieces for a pie. Require the butcher to crack the joints for you. Cut the meat in pieces of nearly equal size. Put them in a stew-pan, and parboil them ten or fifteen minutes.

Make a nice paste, allowing one-half a pound of butter to one pound of flour, wet it with the white of two eggs beaten to a froth, and pour in a tumbler full of cold water. Cover the bottom and sides of a deep dish with the paste, not very thick. Put into this dish a layer of the veal with salt and pepper, then a few slices of cold boiled ham, cut very thin, then another layer of veal, then more ham, and so on until the dish is filled. Beat the yolks of the two eggs and put them into the gravy, season it well, and pour it over the veal. Cover the dish with the paste less than an inch thick, ornament it with leaves, notch the edges, and loosen the paste from the edge of the dish by slipping a knife carefully under it. Bake one hour or more, according to the size of the pie and the heat of the oven. When the paste is done, the meat will be done also.

VEAL HARICO.

Take a neck and breast of veal, cut them into small pieces, lay them in the bottom of a stew-pan that has been previously well buttered, let them fry to a light brown, then add gradually two tea-cups of water. Add to the meat pepper and salt, two carrots cut into small pieces, two thin slices of fat ham, a parsnip, and three or four oyster plants cut small. Let the whole stew until the water is all out, and the meat begins to brown, then add a lump of butter rolled in flour, shake them up to prevent their adhering to the stew-pan, cover the pan closely for two or three minutes, and serve with catsup.

MINCED VEAL.

Take the remnants of veal left from a roast or stew; and cut them into small bits. Put these bits into a sauce-pan or

spider, with the gravy that has been left from a previous roast or stew, add a little salt, a little pepper, a lump of butter, and a half tea-cup of milk, dredge a little flour over the top, cover the whole closely, put it upon a moderate fire and let it come to a boil. Prepare toast bread, cut in dice, put this in the bottom of your dish, turn the mince on, and serve.

KNUCKLE OF VEAL TO RAGOUT.

Cut the knuckle of veal into slices of about half an inch thick, pepper, salt and flour them, fry them a light brown, put the trimmings in a stew-pan, with the bone broken in several places, an onion sliced, a head of celery, a bunch of sweet herbs, and two blades of bruised mace; pour in warm water enough to cover them about an inch, cover the pot close and let it stew very gently for a couple of hours, strain it and then thicken it with flour and butter, put in a spoonful of catsup, a glass of wine, and juice of half a lemon, give it a boil-up and strain into a clean stew-pan, put in the meat, make it hot, and serve up. If celery is not to be had, use a carrot instead, or flavour it with celery root.

VEAL POT PIE.

Procure a nice breast or brisket of veal, well jointed, put the pieces into the pot with one quart of water to every five pounds of meat, put the pot over a slow fire; just before it comes to a boil skim it well, and pour in a tea-cupful of cold water, then turn over the meat in order that all the scum may rise, remove all the scum, boil quite hard, season with pepper and salt to your taste, always remembering that the crust will take up a part of the seasoning; when this is done, cut off your crust in pieces of equal size, but do not roll or mould them; lay them on top of the meat, so as to cover it, put the lid on the pot closely, let the whole boil slowly one hour. If the lid does not fit the pot closely, wrap a cloth around it, in order that no steam shall escape; and by no means allow the pot to stop boiling.

THE CRUST for pot-pie should be raised with yeast. To three pints of flour add two ounces of butter, a little salt, and wet with milk sufficient to make a soft dough, knead it well and set it away to rise; when quite light, mould and

knead it again, and let it stand, in winter, one hour, in summer, one half hour,—when it will be ready to be cut.

In summer you had better add one half a tea-spoonful of soda, when you knead it the second time, or you may wet it with water, and add another bit of butter.

TO POT VEAL.

Cut a slice from a fillet of veal, just large enough to fit the pot in which you are to cook, dip it in vinegar, season with mace, a few pepper-corns, and two or three cloves, dredge with flour, add a small bit of butter, cut another slice of the same size, from the fillet, lay it in the pot, and season as before; cut another slice, season; and so on until the pot is filled; cover the pot with a paste made of flour and water; secure it so that no steam can escape, put the whole into an oven moderately heated, and bake three hours.

A cold fillet makes a very good potted veal. If you make it of cold meat, cut and season it as above, add two or three spoonfuls of veal gravy, put the whole into a stew-pan with a tight cover, and set the pan into boiling water for half an hour. This makes a very nice side-dish for the dinner table. Serve garnished with green parsley.

VEAL OLIVES.

Cut up a slice of a fillet of veal, about half an inch thick, into squares of three inches. Mix up a little salt pork chopped with bread crumbs, one onion, a little pepper, salt, sweet marjoram, and cloves, with one egg well beaten; put this mixture upon the pieces of veal, fastening the four corners together with little bird skewers; lay them in a pan with a sufficient quantity of veal gravy or light stock to cover the bottom of the pan, dredge with flour, and set in a hot oven; when browned on top, put a small bit of butter on each, and let them remain until quite tender, which will take twenty minutes. Serve with horse-radish.

COLD MINCED VEAL.

Cut the meat as small as possible, but do not chop it; put into a spider with four or five spoonfuls of veal broth,—if you have no veal broth, you can make it from the trimmings and bone boiled in a little water; add a spoonful of cream, a little salt and pepper, thicken with a spoonful of flour, set it

upon a slow fire, let it come to a boil, arrange sippets of buttered toast upon your dish, pour the mince on top, serve with lemon cut in slices.

CURRIE 'D VEAL.

Cut the veal in pieces an inch thick and two inches wide, flour them well, fry them in a pan of hot butter; when they are lightly browned, pour in as much boiling water as will cover the veal, pouring it in gradually so as not to stop the boiling; then mix a pinch of mace, a little salt, a tablespoonful of currie powder with a little cold water, when the veal is tender, pour this mixture upon it; let simmer five minutes, lay slices of lemon in the bottom of your dish, pour the veal over it, and serve.

VEAL BROTH.

Take a fresh knuckle of veal, and break the bones in several places, put it into a stew-pot, adding three pints of water to every four pounds of veal; put it over the fire at least three hours before dinner; when it begins to boil skim it well, pour in a cup of cold water, turn the pieces over, and take off all the scum; one hour before dinner pour in another cup of cold water, and again remove the scum, then add one half a tea-cup of clean rice, one spoonful of salt, one half a spoonful of pepper and a few sprigs of parsley; before serving take out all the bones, and leave the meat in the broth, of which there should be at least one quart.

CALF'S FEET.

Select four large feet, and require the butcher to split them in halves; scrape them quite clean, put them into a pot with two or three quarts of water, boil three hours, skim well, take them out of the pot, remove the large bones, lay the meat in a sauce-pan, dredge the meat with flour, add two ounces of butter, a little pepper, salt, mace, and a tablespoonful of vinegar,—or, if you prefer it, a tea-cup of wine; simmer the whole until the meat is a light brown, then pour in gradually two tea-cups of the liquor in which the feet were boiled; let the whole boil-up once, and serve hot, garnished with lemon.

The remainder of the liquor in which the feet were boiled may be used for jelly. (See calf's foot jelly, chap. xxiii.)

SWEET BREADS.

Wash the sweet breads in warm water, to discharge the blood, then scald them and soak them in cold water five minutes, larder them with a little salt pork, put them in a stew-pan, dredge them with flour, sprinkle them with a little salt, pepper, and mace, fry them until brown, turn them over and brown the other side, add two spoonfuls of butter, dredge with more flour; when quite hot add one or two cups of hot water to make the gravy, boil one minute, and serve garnished with sliced lemon.

ANOTHER SWEET BREADS.

Blanch three sweet breads twenty minutes, and when cold cut each bread into four slices lengthwise, and trim in the shape of fillets of fowl, well butter the bottom of a frying-pan, lay in the sweet breads, keeping them in their shapes, season over with a little white pepper, salt, and the juice of half a lemon, place over a slow fire, ten minutes will be sufficient to cook them, when done on one side turn, keep them quite white, lay them on a cloth to drain, and dress in crown on a border of mashed potatoes; serve with chicken sauce poured over.

PLAIN CALF'S HEAD AND HARSLET.

Select a nice white head with the skin on; require the butcher to take out the eyes, the jaw bones, and to saw the top of the head, so as to lay it open, but he must not divide the tongue.

When thus prepared, soak it two hours in cold water, then scrape it clean, cut off the nose, take out the brains, removing all the little veins that encircle them, put the brains into a bowl of cold water, dredge flour on a cloth, tie the head in this cloth, put it into a pot with three or four quarts of water, boil one hour, then put the harslet into the pot, and also the brains,—the latter tied up by itself in a cloth; boil the whole one hour, take out the head, remove its cloth, separate the bones and the tongue from the head, take off the skin from the sides of the mouth, but do not tear the meat; lay the head upon the dish with the skin-side up, take out the harslet, divide the liver, heart, and lights, skin the tongue,

and lay them all on the dish around the head, cover them closely to keep them hot while you make the gravy.

Take as much of the liquor in which the head was boiled as you require for a gravy; mash the brains fine with the back of a spoon, add two table-spoonfuls of butter braided with one of flour, a little pepper, salt, sweet marjoram, and sage, put the whole into a sauce-pan, and let it boil, stirring it continually, when it has boiled one minute, add two table-spoonfuls of sharp vinegar, pour a little gravy over the head, &c., serve the remainder in a boat, garnish with horse-radish and lemon.

TO GRILL A CALF'S HEAD.

Divide the head into two parts, take out the eyes, brains, and tongue; put the brains into cold water, removing the veins as above; boil the head and tongue in sufficient water to cover it well; when it has boiled an hour, take one quart of the liquor from the pot and put it into the stew-pan for gravy; add to this liquor salt, pepper, a grated nutmeg, and a spoonful of lemon pickle, set it over the fire to boil, take the head and tongue from the pot, cut the meat in small pieces from the skull, take off the jowl or chop whole, remove the bones from it, have ready the yolk of two eggs well beaten, dip the pieces in the egg and then in bread crumbs, alternately; repeat this operation until the pieces are well coated with the crumbs; thicken the liquor in the stew-pan, which is the gravy, with the brains and the crumbs and egg that are left, put the pieces in the stew-pan, and stew ten minutes; serve hot with chopped parsley.

CALF'S HEAD IN CURRIE.

Prepare and dish the head as in "Plain Calf's Head and Harslet;" boil a pound of rice and dish it in a pyramid, leaving a place at the top to lay in the brains; have ready the following sauce: put four onions, two apples pared and sliced, a sprig of thyme, a little parsley, a blade of mace, and six cloves, into a stew-pan with two ounces of butter, and fry to a light brown; then mix in one table-spoonful of currie powder, three pints of white stock, (see page 14,) and a pint of broth; boil the whole together for twenty minutes, pass it through a tammie, put it again into a stew-pan, let it boil,

season with a little salt and sugar, pour it over the calf's head, and serve hot.

If the currie is preferred browner, use a little brown stock and more currie powder.

TO BROIL CALF'S LIVER.

Cut the liver in slices half an inch thick, pour boiling water over them, wipe them dry, butter a gridiron, put it over a hot fire with the liver upon it, salt and pepper the liver while on the gridiron; as soon as browned on one side, turn and brown on the other; make ready a hot dish with a table-spoonful of melted butter; when the liver is cooked, place it on the butter in the dish, place bits of butter between each slice of liver; serve hot with crisped parsley.

CALF'S LIVER, BAKED.

Wash the liver in warm water, larder it with fat bacon, put it into a stew-pan with skewers laid across the bottom to prevent it adhering to the pan; pour over it one pint of veal gravy, or the liquor in which a calf's head was boiled; set it in a well heated oven, and bake forty or fifty minutes; when browned on top, baste it and turn it over; when cooked, froth it with butter and flour braided together, dish it; add to the gravy pepper and salt to your taste, and a little soy, or, if you prefer it, a little pickalilli dressing; have ready macaroni boiled in milk and water, lay this around the liver on the dish, and serve.

CALF'S LIVER, WITH FINE HERBS.

Cut a liver into slices an inch thick, form these into the shape of a fan about two inches broad, dredge them with flour, and put them to fry with onions, mushrooms, parsley previously shred, and stewed in butter, or in the very best Provence oil, with pepper and salt; fry all this gently till ready, and dust it with more pepper; keep the liver hot, put a little broth or gravy to the herbs to moisten them, and stew three minutes, and serve very hot, adding, if you please, a little juice of a lemon.

PHILIP'S IRISH STEW.

Procure a large rack of veal, and require the butcher to joint it. Wash it, put it in your stew-pan with two quarts of water, let it boil, skim it well, and, when all the scum is removed, add pepper and salt to your taste; pare and cut in halves twelve Irish potatoes, put them into the stew-pan, when it boils hard, have ready a batter made with two eggs, two spoonfuls of cream or milk, a little salt, and flour enough to make it as thick as for pan-cakes, drop this into the stew, a spoonful at a time, while it is boiling; when all is in, cover the pan closely so that no steam can escape, let boil twenty minutes, and serve in a deep dish.

CHAPTER IX.

MUTTON AND LAMB.

A LEG OF MUTTON TO ROAST.

Require the butcher to take off the shank and the skin. Wrap the flank nicely around, and secure it with skewers, cut a gash in the joint; and turn up the bone close to the fillet, secure it with skewers, spit the leg, dredge it with flour and salt, and put it to roast before a solid fire, that will not need replenishing until the meat is done; when done, wrap the end of the leg-bone with a strip of fringed paper, serve with currant jelly.

Turn off the drippings from the pan, remove all the fat, and make a gravy of the remainder; if it is not a good brown color, thicken it with brown flour, and serve plain.

Mutton should be a little underdone, and be frequently basted with salt and water in the roaster. A leg that weighs eight pounds will require one and a half hours to roast.

A HAUNCH OF MUTTON TO ROAST.

A leg with the aitch-bone on it, is called a haunch.

Prepare a haunch as a leg is prepared above. The fire must be brisk and sharp to concentrate the juices; baste and dredge with flour frequently; make the gravy the same as for the leg, or, if you like it, add a spoonful of Tarragon vinegar; wrap the fringed paper around the end of the bone, and serve with currant jelly or horse-radish grated.

A haunch weighing twelve pounds requires two and a half hours' roasting.

A SHOULDER OF MUTTON TO ROAST.

Take out the bone, fill the space with a forcemeat made of bread crumbs, salt pork chopped fine, pepper, salt, sweet marjoram, and thyme; baste and dredge as for roasting, as above; serve with lemon, or green pickle, and turnips.

A shoulder weighing eight pounds, requires one and a half hours' roasting.

A SADDLE OF MUTTON TO ROAST.

Require the butcher to saw the back bone, but do not mangle or cut the meat. Gash each joint separately to facilitate the carving, then wrap the flank up close, and skewer the edges together; take, also, the skin from the back. Spit the saddle and roast before a brisk fire; when it is well browned, wrap a bit of paper around the middle to prevent that part from cooking faster than the ends of the saddle; just before you dish the meat, quicken the fire, remove the paper, and brown it well, baste and froth it, make a gravy as for the leg. Be careful in removing the skewers not to injure the form of the saddle, and in order to preserve the form it will be necessary sometimes to tie the ends around with tape; after the skewers are drawn out cut the tape, and the saddle will lie handsomely upon the dish. It should be served with its back laid upon the dish.

A saddle of ten or twelve pounds requires two and a half hours' roasting.

A LOIN OF MUTTON TO ROAST.

Remove the skin, separate the joints, and proceed as above; serve with boiled turnips, parsnips, and horse-radish.

A loin weighing six pounds, requires an hour to roast.

MUTTON CUTLETS.

Prepare the cutlets as follows:—Take the chine-bone from the neck neatly with a saw, not detaching all the meat from the bone; then cut it into chops, leaving a bone to each; with a sharp knife cut off the skinny parts from each side of the bone, and a piece of the meat at the end of the bone, leaving a piece of the bone about half an inch in length; then beat the chops with a mallet to nearly the same thickness as the bone, remove the rough parts of the bone, and trim the cutlets to a good shape, taking off a greater part of the fat and rounding the lean part nicely.

Having thus prepared the cutlets, season them nicely, egg them and cover them with bread crumbs, beat them lightly with a knife, dip each cutlet into hot butter, throw them into

the bread crumbs, beat them again lightly with a knife, put them upon a gridiron over a moderate fire, turning them now and then, and in ten minutes they will be cooked. Serve them with a little plain gravy.

MUTTON CUTLETS, BRAISED.

Prepare the cutlets from the neck, as before, making them an inch thick; put five or six strips of fat bacon through the lean of each cutlet, trimming off the ends; then cover the bottom of a stew-pan with thin slices of fat bacon, and lay the cutlets, say twelve, on top of the bacon, all lying on the same side; just cover them with stock, (Chap. I.) to which add an onion, a few cloves, and a bunch of parsley; cover them and let them simmer over a slow fire for two or three hours; try them, and, if very tender, place them upon an oval dish with a little of their stock; put a dish upon top of them with seven pounds weight; when cold, trim them nicely, warm them with their stock in a sauce-pan, dress them with mashed potatoes, and serve them with onion sauce, (Chap. II.)

These cutlets must be tender, but if cooked *too much*, their bones will fall out.

MUTTON CUTLETS, SALAMANDERED.

Cook the cutlets as above; when cold, cover them all over with a preparation of chopped onion, egg, and bread crumbs, let them stand in a hot oven for fifteen minutes; glaze them with a salamander, and serve them with their onion sauce.

MUTTON CHOPS, BROILED.

Cut the chops from the loin, remove all the fat from the under side, put them on a gridiron and over a clear fire, place the gridiron in a slanting position, to prevent the fat from dropping into the fire; if the fat makes a blaze under the gridiron, put it out by sprinkling salt upon it; when the chops are cooked, put them in a hot dish, season with pepper, salt, and butter; serve with currant jelly.

Broiled slices from a leg are very nice.

MUTTON CHOPS, FRIED.

Lay a thin slice of fat bacon in a spider, and over a brisk fire, let it fry to a crisp; remove the bacon, lay the chops, cut

as above, into the hot fat, sprinkle a little salt and pepper over them; fry a light brown; if you like gravy, stir a little flour and water together, pour it into the spider, give it a boil-up, and pour over the chops on the dish; serve with horse-radish.

MUTTON CHOPS FRIED—ANOTHER MODE.

Dip the chops in two or three eggs beaten up very light; sprinkle them with bread crumbs and chopped parsley, dip them again in the egg and sprinkle them, and so on until they are well coated with the crumbs, fry them in butter; when cooked, lay them in a hot dish; stir a little flour and water into the egg that remains, pour this mixture gradually into the frying-pan, stirring all the time; when it boils pour over the chops, and serve.

MUTTON, VENISON FASHION.

Rub a good breast of mutton, that is well ripened, with a mixture of powdered allspice, pepper, and salt; make a coarse paste of flour and water, enclose the meat in it, and roast three hours; serve with turnips and parsnips.

MUTTON RAGOUT.

Cut the best part of a rack into chops, with one bone in each chop, beat the bones flat, sprinkle with salt and pepper, put into a stew-pan closely covered; let stew slowly until quite brown on both sides; boil the neck of the rack in three half-pints of water; when the chops are well browned, strain off from the neck on to them—stirring all the time; then add one carrot, one onion, one turnip, cut small, and one table-spoonful of catsup or soy; dredge the whole with a little flour, cover closely, so that no steam can escape, stew till all the vegetables are tender; serve with the vegetables laid around the chops, and garnish with parsley.

This is a very palatable and economical dish.

MUTTON RAGOUT IN CURRIE.

Peel and slice four large onions, which put into a stew-pan with two ounces of butter; place over a moderate fire, lay in the cutlets well seasoned with pepper and salt; move round occasionally until a little brown, when add a good spoonful of currie powder and the half of one of flour, mix

well, moisten with a pint of water, let simmer twenty minutes, or until the mutton is quite tender; finish with a little sugar, salt, and lemon juice; take out the cutlets, which dress in a circle upon the dish; have ready some boiled rice, very hot, which dress in a pyramid in the centre; pass the sauce through a tammie, pour over the cutlets and serve.

A LEG OF MUTTON TO BOIL.

Cut off the shank, skin the leg, and skewer the lower joint, as for roasting; cover the meat entirely with scalding water, but do not put in salt until nearly done; skim it before it boils, let it boil over a slow fire, dress the end of the bone with cut paper, and garnish with parsley, and serve with caper sauce. Make the gravy of the liquor with a little butter and flour.

Mutton does not require as much time to boil as to roast. A leg weighing ten pounds will require two and a half hours to boil. A shoulder of mutton will cook in less time than a leg, for its meat is not as thick as the meat of the leg. It should be served with green pickles and salad,

A QUARTER OF A LAMB TO ROAST.

Procure a nice hind-quarter, remove some of the fat that is around the kidney, skewer the lower joint up to the fillet, spit the quarter, place it before a moderate fire, let it heat through slowly, then dredge it with salt and flour; quicken the fire, put half a pint of water into the dripping-pan, with a tea-spoonful of salt; with this liquor baste the meat occasionally; serve with lettuce, green peas, and mint sauce.

A quarter of lamb weighing seven or eight pounds, will require two hours to roast.

A breast of lamb, roasted, is very sweet, and is considered by many as preferable to the hind-quarter. It requires nearly as long a time to roast as the quarter, and should be served in the same manner.

Make the gravy from the drippings thickened with flour.

FORE-QUARTER OF LAMB TO BROIL.

Take off the shoulder and lay it upon the gridiron with the breast, cut in two parts, to facilitate its cooking; put a tin sheet on top of the meat and a weight upon that; turn

the meat around frequently to prevent its burning; turn over as soon as cooked on one side; renew the coals occasionally, that all parts may cook alike; when done, season with butter, pepper, and salt,—exactly like beefsteak; serve with pickalilli.

This dish is not as handsome as the roast, but has a much more delicate flavor when cooked. It takes about an hour to broil it well.

FORE-QUARTER OF LAMB, A L'HOTEL.

Roast a fore-quarter, well covered with the caul, and at a good distance from the fire; when done, it must be a light gold color; then put a quarter of a pound of maitre d' hotel butter, (see Chapter II.) into a stew-pan, and when beginning to melt add half a pint of good cream, shake the stew-pan round until hot, but not near boiling; and the moment you serve pour it upon the dish, and dress the fore-quarter upon it.

BOILED LEG OF LAMB, WITH SPINACH;

Boil a leg of lamb quite plain, in water just sufficient to cover it; it will cook in one hour, or in one hour and a quarter; when half done, add a pint of milk to the boiling water. Have ready-dressed sufficient spinach to cover the bottom of the dish an inch or two in thickness; dress the lamb upon it, and serve hot.

RIBS OF LAMB, WITH TARRAGON SAUCE.

Remove the shoulder from a fore-quarter of lamb, and cut the fore-quarter into four pieces; put the pieces upon a grid-iron, over a moderate fire, and brown them on both sides.

Have ready at hand a sauce made with one quarter of a pound of butter, one table-spoonful of flour, one table-spoonful of Tarragon vinegar, three table-spoonfuls of water, a little pepper, a little salt, and a little mustard. Into this sauce put the ribs of lamb, give them one boil-up, and serve hot.

A SADDLE OF LAMB.

This is to be prepared like a saddle of mutton, but it is not necessary to saw the back bone, as in carving, the joints should be cut through both sides of the chine. Dredge with flour and salt, baste frequently, and observe that when the

steam draws towards the fire, the meat is done. Serve with mint sauce.

A NICE DISH OF LAMB.

Cut a rack or a breast of lamb into steaks; allow one bone to each steak, and cut the bones short so as to make the steaks nearly round; broil the steaks to a nice brown, and put them into a deep hot dish; season with salt, pepper, and a bit of butter between each steak; mash some potatoes with butter and cream, and serve on the dish around the steaks.

ANOTHER MODE, (No. 2,) is to dip the steaks into egg well beaten, cover with bread crumbs or corn-meal, fry in butter, and serve with mashed potatoes around the steaks.

ANOTHER MODE, (No. 3,) is to prepare the steaks as in No. 2; stew some spinach, and lay it upon the dish, pour over the whole egg sauce, and serve the steaks on the spinach.

ANOTHER MODE, (No. 4,) is to prepare the steaks as in No. 2; thicken some good gravy with flour and butter, to which add a slice of lemon and a spoonful of Tarragon vinegar, give the gravy a boil-up, and pour it hot upon the steaks, garnish with parsley.

CHAPTER X.

PORK.

FRESH PORK.

The pieces usually preferred for roasting are the chine and spare-rib. Before putting to the fire they should be rubbed with salt and pepper, and dredged with flour and powdered sage.

Eight pounds of the chine or spare-rib will require two and a half hours to roast before a moderate fire. It should be frequently basted and dredged while roasting, and when done served with apple sauce.

LEG OF PORK TO ROAST.

Score the leg neatly on the skin side; rub it well with salt, dredge with flour, and roast four hours before a moderate fire; serve with apple sauce and horse-radish.

SHOULDER OF PORK.

This joint is best when corned and boiled. A shoulder weighing six or seven pounds will require two hours and a half to boil over a slow fire; serve with parsnips and cabbage.

PORK STEAKS TO BROIL.

Cut the steaks from the chine half an inch thick; trim off the thick part of the bone, sprinkle salt upon the steaks, put them on a gridiron over a moderate fire and brown both sides, turning them occasionally; when done season with butter and pepper, and serve hot.

PORK STEAKS TO FRY.

Cut the steaks from the neck-end of the chine; the fat must not be trimmed off; laying them in a frying-pan over a moderate fire, and turn them frequently until both sides are browned; when done, take them up free of fat, and season them with salt and powdered sage.

SALT PORK.

Salt pork requires a longer boiling than salt beef. Allow twenty minutes' boiling to the pound, over a slow fire. Serve with mustard and horse-radish.

PIG TO ROAST.

Make a forcemeat of bread crumbs, salt, pepper, sage, sweet basil, thyme, chopped onion, and salt pork; stuff the body of the pig with this forcemeat, fasten it up with a small skewer, roast before a moderate fire three and a half hours, or allow fifteen minutes to the pound; when the pig is warm, rub butter over the skin to prevent its blistering; baste frequently, and servē with onions and piccalilli.

To make a gravy, boil the liver and heart in a pint and a half of water until quite tender; then chop them fine, and put with them the drippings of the roast-pan; put the whole over the fire and boil five minutes; then stir in a little flour wet with a table-spoonful of celery vinegar; give it one boil-up, and serve in a tureen.

PIG'S FEET.

Procure six pigs' feet, nicely salted, and boil them in water, with a few vegetables, until well done; then cut each foot in halves, take out the long bone, dip the feet in egg and bread crumbs, with which is mixed chopped parsley; broil to a nice color, and serve hot with plain gravy.

HEAD CHEESE.

Boil the fore-head, ears, and feet of the fresh pig until the meat will almost drop from the bones, then cut all the meat from the bones in pieces about three-quarters of an inch square, season with pepper, salt, sage, and sweet marjoram; put these pieces into a stew-pan with just enough of the liquor in which they were boiled to prevent their burning; put the stew-pan over a slow fire; when the pieces are thoroughly heated, mix all well together and pour into a strong bag, press the bag between two flat surfaces, with a fifty pound weight on top, until its contents are quite cold, then remove the bag and cut the cheese into slices.

This is a nice dish at breakfast.

TO CURE A HAM.—(EAST INDIAN METHOD.)

For a ham weighing eight pounds, take one and a half pounds of salt, two ounces of saltpetre, one ounce of ground black pepper, and half a pound of brown sugar, pulverize these materials and mix them well together; then rub the ham thoroughly with the mixture, and let it lie in the pickle one month, rubbing and turning it twice a day; two days before it is taken out of the pickle, slice two onions over it; at the end of the month take the ham from the pickle, wash it clean in soft water, and hang it up in the smoke-house.

HAM, WITH MADEIRA.

Put a ham that is not very salt into your boiler, with water sufficient to cover it; let it warm gradually over the fire, and when the water has become scalding hot, turn it off, take out the ham, scrape it clean, wash it well, and return it to the boiler with two quarts of clean cold water, and one onion and one carrot cut in slices; put the whole over a moderate fire, and when it comes to a boil, add a few bay leaves, a bunch of parsley, a dozen cloves, and one bottle of Madeira; let the whole simmer three hours, then turn off the liquor, remove all the fat, thicken some of the liquor for a gravy, trim away the skin smoothly, dress the knuckle with curled paper, and serve.

HAM, OR SMOKED BACON, TO BOIL.

A ham weighing twelve pounds, requires four hours to boil. Put it over the fire, in a large quantity of water, and let it be an hour in coming to a boil; then let it boil slowly three hours, and as the water in the pot diminishes, replenish it with boiling water from the tea-kettle; at the end of three hours take the ham from the pot, remove its skin, cover the ham with fine crumbs of cracker, and place it before a moderate fire to brown,—it requires one hour to brown nicely; when thus browned, cover the outside of the ham with spots of pepper in diamonds, put a clove into each of these spots, put a ruffle of cut paper around the knuckle, and serve with horse-radish or sharp sauce.

HAM TO BROIL.

Cut the slices very thin, take off their skin, put them on a gridiron and over a hot fire, turn them in one minute; two minutes will cook them sufficiently; no seasoning is necessary; serve with piécalilli.

HAM TO FRY.

Cut the slices very thin, take off their skin, put them into a hot spider, and turn them frequently, until a little crisped; be careful not to burn the slices; three minutes will fry them well; serve in a hot dish.

TO MAKE SANDWICHES.

Rub one table-spoonful of mustard flour into half a pound of sweet butter; spread this mixture upon thin slices of bread; from a ham, boiled as previously directed, cut very thin slices, and place a slice of ham between two slices of the bread prepared as above; cut the sandwiches in a convenient form, and serve.

Some people chop the trimmings of the boiled ham very fine, and lay them between the slices of prepared bread.

This is a good dish for lunch or evening entertainments.

TO MAKE SAUSAGE CAKES.

Chop finely together the lean from the middling, and the trimmings from the leg and shoulders of a fresh pork,—there should be a quarter of a pound of fat to every pound of lean meat; season with one tea-spoonful of salt, one of sage, one half do. of pepper, one half of ginger, and one half of sweet marjoram, to every pound of meat; mix the meat and seasoning well together; make into small cakes, and fry in a hot spider. They will keep for a long time when thus prepared.

EXCELLENT SAUSAGE CAKES.

Chop lean pork very finely, having removed all the bone and skin previously, and to every pound of meat add three quarters of a pound of fat bacon, half an ounce of salt, a pinch of pepper, a quarter of a nutmeg grated, six green

onions chopped finely, and a little chopped parsley; when the whole is well chopped and mixed, put it into a mortar and pound well, finishing with three eggs; then have ready a pig's caul, which cut into pieces large enough to fold a piece of the above preparation, of the size of an egg, which wrap up; keeping the shape of an egg, but rather flattened, and broil very gently over a moderate fire.

FRIED PORK STEAKS.

Fry a few slices of salt pork, cut very thin; when done, take the slices out of the fat and put in your fresh pork; let them fry a light brown,—some people like onion and sage fried with the pork,—slices of apple fried are very nice with the pork.

CHAPTER XI.

POULTRY, GAME, AND EGGS.

TURKEY TO ROAST.

A turkey weighing twelve pounds has usually the best flavor, being neither too young nor too old; a turkey of this size requires three hours to roast; prepare as follows:—

Cut the neck very close to the body, and take off the legs at the joint of "the drum stick;" singe the turkey with white paper or newspaper, — brown paper and straw paper will smut it; take out the crop by carefully cutting a slit on the back of the neck, just above the breast, — this will leave the breast whole for the forcemeat; draw the turkey by putting the fingers of the right hand up the vent, quite to the throat, and, with the middle finger close to the sides of the backbone, loosen the lights and draw them out with the liver, gizzard, and heart; be careful to take them *all* firmly in your hand, in order not to break the gall, which you will do if you pull them out separately; then wash the turkey clean, rub the inside well with salt, and, if you desire to stuff the body, take out the sole, — which is the dark-colored meat adhering to the little ribs near the middle of the back; the sole will discolor the stuffing; but if you intend to stuff the breast only, the sole may be left in, as it will keep the meat from becoming dry in roasting.

When the turkey is thus prepared, fill the place from which the crop was taken with a forcemeat of bread crumbs, salt pork, sweet marjoram, pepper, and salt, well mixed; fasten up the place by drawing the skin of the neck over it and putting a small bird skewer through to keep it tight, — this way is much more convenient and expeditious than fastening by a needle and thread; then put a long skewer through the body, under the second joint of the leg, so that the lower end of the drum stick will only reach to the vent; put a short skewer through the flap at the side of the vent;

bring both the drum sticks down, put the same skewer through them, bringing it out through the other side of the flap and binding it fast with a tape; then fasten the wings to the side of the turkey with another long skewer, spit the turkey, but never put a skewer through the breast to fasten it to the spit; dredge it with flour; if the turkey is not very fat, put small bits of butter on the breast, if it is fat, no butter will be requisite; place it before a slow fire and turn it frequently until all the flour begins to brown; baste it continually with salt and water from the dripping-pan, and when half done, dredge it again with flour. If the breast is browning too fast, put a piece of paper over it. Fifteen minutes before you wish to serve it, drip a little melted butter all over it, from the basting-spoon; dredge it with flour, let it brown,—and the turkey is roasted.

GRAVY.—Make a gravy by boiling the neck, heart, liver, and gizzard in a stew-pan with a pint of water; when these have become quite tender take them out of the water, chop the heart and gizzard, mash the liver, throw away the neck; return the heart, gizzard, and liver to the liquor in which they were stewed; add to this the liquor in the dripping-pan of the roaster, skim off the fat from the surface of the stew-pan; set the stew-pan over the fire, boil three minutes, and thicken with flour,—if you have basted the turkey as directed, you will need no burnt flour to color the gravy.

Serve roast turkey with cranberry sauce, and boiled ham or tongue. Some people serve it with sausages.

TURKEY TO BOIL.

Prepare the turkey as directed above for roasting; but mix an egg with the forcemeat, as the boiling water will otherwise soften the bread too much, and prevent the forcemeat from remaining compact. Rub salt upon the inside and outside of the turkey, dredge it with flour, tie it up in a cloth, put it into scalding water, and let it boil, if it weighs twelve pounds, two and a half hours; serve with oyster sauce and liver sauce, in separate tureens.

Some people object to boiling a turkey in a cloth, and I think it equally nice boiled without a cloth, provided the cook will watch it closely, and take off all the scum that rises.

TURKEY, HASHED.

Cut the remnants of turkey from a previous dinner, into pieces of equal size. Boil the bones in a quart of water, until the quart is reduced to a pint; then take out the bones, and to the liquor in which they were boiled add turkey gravy, if you have any, or white stock, or a small piece of butter with salt and pepper; let the liquor thus prepared boil up once; then put in the pieces of turkey, dredge in a little flour, give it one boil-up, and serve in a hot dish.

CAPONS AND CHICKENS.

Capons and chickens are prepared and roasted or boiled as turkeys. A capon weighing six pounds will roast in one hour and a quarter. A pair of chickens weighing six pounds, will roast in one hour. Make a gravy as directed for turkeys, and serve with boiled ham or tongue, on separate dishes.

CHICKENS TO BOIL.

Prepare them as turkeys. Lay them on a gridiron over a hot fire, to contract their sinews and brown them slightly, but do not let them scorch; then put the chickens and giblets in a pot with only enough water to cover them; take off all the scum that rises, keep them closely covered; so that no steam can escape; boil slowly until they are done. If they are young, they will be cooked in one hour, if old, in two hours.

Make a gravy from the liquor in which they were boiled, with the addition of pepper, salt, flour, and a very little butter. Serve with pickled cauliflowers, and boiled pork, or bacon.

CHICKENS TO BOIL—ANOTHER MODE.

Prepare the chickens as above, and rub them all over with flour; have ready in your pot a pound of salt pork that has boiled ten minutes; pour off the water from the pork, put the chickens into the pot with the pork; pour in clean boiling water,—a little more than enough to cover them, boil the whole together until tender; serve with melted butter, or parsley and spinach.

CHICKENS TO FRICCASEE.

After dressing and washing the chickens as previously directed, cut them in joints as follows:—Take off the wings and legs neatly, divide the two joints of the leg, take off the merry-thought or wish-bone, and the two bones called the hug-me-close or collar-bones, separate the breast from the back, cut the breast in halves crosswise, split the back, and cut each part in two pieces.

Then clean the giblets and neck, and put them on the bottom of the stew-pan; on top of these put the drum-sticks; on top of these put the back and wings; and lastly put in the breast. Pour in water enough to cover them only, and let them stew thirty minutes over a slow fire; then pour off all the liquor in which they have stewed, return the stew-pan to the fire and let each piece of chicken brown, stirring carefully to prevent their burning, but not so hard as to break the meat from the bones; at the same time add a spoonful of sweet butter, and dredge with flour, pepper, and salt; when each piece is slightly browned, pour back into the stew-pan the liquor which was turned off, give the whole one boil-up, and serve.

Some people add mace to the seasoning of this dish. This dish may be cooked without browning the pieces of chicken, if you wish a white friccasee; in that case season the gravy in the stew-pan, and do not turn it off as above.

CHICKENS TO BROIL.

After dressing and washing the chickens as previously directed, split them open through the back-bone; frog them by cutting the cords under the wings and laying the wings out flat; cut the sinews under the second joint of the leg, and turn the leg down; press down the breast bone, without breaking it.

Season the chicken with salt and pepper, lay it upon the gridiron with the inside first to the fire: put the gridiron over a slow fire, and place a tin sheet and weight upon the chicken, to keep it flat; let it broil ten minutes, then turn and proceed in the same manner with the other side.

The chicken should be perfectly cooked, but not scorched. A broiled chicken brought to the table with its wings and legs burnt, and its breast half cooked, is very disagreeable.

To avoid this, the chicken must be closely watched while broiling, and the fire must be arranged so that the heat shall be equally dispensed. When the fire is too hot under any one part of the chicken, put a little ashes on the fire under that part, that the heat may be reduced.

Dish a broiled chicken on a hot plate, putting a large lump of butter and a table-spoonful of hot water upon the plate, and turning the chicken two or three times that it may absorb as much of the butter as possible. Serve with poached eggs on a separate dish. It takes from thirty to forty minutes to broil a chicken well.

CHICKEN, HASHED.

Chicken hashed is prepared according to the directions for turkey hashed. Serve on sippets of toast.

CHICKEN, CURRIED.

Prepare the chicken as for fricassée. When the chicken has stewed thirty minutes, stir into it, while it is over the fire, a mixture of half a table-spoonful of currie powder, braided into a table-spoonful of butter and seasoned with pepper and salt to your taste.

Let the whole boil one minute, and serve with boiled rice on a separate dish.

CHICKEN PIE, BAKED.

Prepare the chicken as for fricassée; put it into a stew-pan with one and a half pints of water, and over a slow fire, skim it well, and when no more scum rises, let it stew ten minutes, season with pepper and salt, and, if you like, a little nutmeg. Have ready a baking dish lined, on the sides, with a light paste, (No. 3); put the pieces of chicken into this dish; arranged in layers; dredge each piece with flour, and put a bit of butter between each layer: when all the chicken is thus packed, pour over it the liquor from the stew-pan, cover with the light paste, ornamenting the cover with leaves cut from the paste, and bake forty-five minutes.

CHICKEN POT-PIE.

Prepare the chicken as for fricassée, and proceed as directed for veal pot-pie. A tender chicken will not require

so long a cooking as veal, and therefore you must put your crusts into the pot as soon as the chicken boils hard. Serve with horse-radish and piccalilli.

GOOSE TO ROAST.

Geese are generally so fat that great care is requisite in dressing them, or they will make an unsightly appearance upon the table. Take out all the fat that you can from the inside, and prepare the goose according to the directions for preparing a turkey to roast. Make a stuffing of boiled potatoes, seasoned highly with pepper and salt, add a table-spoonful of vinegar, if you like it, or a little sage and onion chopped fine; but the stuffing will need no butter; as the goose will supply it with plenty of oil while cooking; fill the body of the goose with the stuffing, and roast before a moderate fire. Baste with the drippings in the pan, and serve with onion sauce, or sharp sauce.

A goose weighing eight pounds will roast in two hours.

A MONGREL GOOSE.

A mongrel goose is dressed and prepared in the same manner as a turkey. Stuff the body with a forcemeat, made as directed for turkey, and roast before a slow fire two hours; serve with apple sauce.

Make a gravy of the giblets, boiled as directed for turkey.

Green geese are young geese, say three or four months old; they should be cooked like mongrel geese, but they will cook in less time.

Some persons thicken goose gravy with chestnuts, boiled and pounded, instead of flour.

A WILD GOOSE.

A wild goose should be prepared as a turkey. It will not require stuffing; it should be a little underdone and served with hot onion sauce and currant jelly. Some persons heat the currant jelly in red wine with nutmeg.

WIDGEONS.

Widgeons should be prepared and cooked as wild geese; or you may scald the feet, draw off their skin, twist the leg at the knuckle, and turn the feet upon the thigh; cook as wild geese.

DUCKS.

Ducks are prepared and roasted as mongrel geese. Wild ducks should be a little underdone, stuffed with forcemeat and chopped onions, and served with sharp sauce and cold slaw.

CANVAS-BACK DUCKS.

Canvas-backs are in season from November to February. They should be dressed with the heads on, and in other respects treated in the same manner as wild ducks.

PARTRIDGES.

Prepare partridges as chickens; but leave the feet on, scalding them and drawing off their skin; skewer up the feet, crossed over the vent, larder the breast with boiled fat ham, roast before a moderate fire forty minutes, and baste with butter before you take them up.

Make a gravy from one half a pint of white stock and one spoonful of flour and two of butter, braided together; or serve with bread sauce. Partridges are sometimes served on toast bread with liver sauce poured over them, and garnished with slices of lemon.

QUAILS.

Quails are dressed like partridges, with the exception that instead of larding, you may skewer a very thin slice of pork to the breast, allowing it to cover the whole breast. Roast before a sharp fire twenty minutes; serve with apple sauce and toast.

PIGEONS.

Pigeons may be roasted as quails; serve with currant jelly.

To stew pigeons prepare them as for roasting; cut strips of salt pork an inch long and half an inch wide, roll the strips in pepper, put one strip into the body of each pigeon, also a piece of bread of the same size; then fill the bodies with bits of sour apples; lay the pigeons in the stew-pan, the breast down, dredge them with flour, and pour in just water enough to cover them; season with salt and pepper, and let them stew over a moderate fire one hour; serve with the gravy around them in the dish.

ANOTHER MODE OF STEWING PIGEONS.

Prepare them as for roasting. Lay two or three very thin slices of salt pork upon the bottom of the stew-pan, lay the pigeons upon the pork, dredge them with flour and pepper, cover closely, and let stew ten minutes, or until a little browned; then turn them over, put the pork on top, dredge with a little flour, and when they are well browned, add half a pint of water, poured in gradually,—stirring constantly. When all is in, taste it, and season to your liking; give it one boil-up, and serve with the gravy poured over them; garnish with parsley.

WOODCOCK.

Skin the head and neck of the bird, pluck the feathers, and truss it by bringing the beak of the bird under the wing, and fastening the pinion to the thigh; twist the legs at the knuckles and press the feet upon the thigh, bind the bird with strings to the spit, put a piece of bread under each bird to catch the drippings, baste with butter, dredge with flour, and roast fifteen or twenty minutes before a sharp fire. When done, cut the bread in diamond shape, each piece large enough to stand one bird upon, place them aslant on your dish, and serve with gravy enough to moisten the bread, serve some in the dish and some in the tureen; garnish with slices of lemon.

SNIPES.

Snipes are similar to woodcocks, and may be served in the same manner; they will require less time to roast.

REED-BIRDS.

Pick and draw them very carefully, secure them to a wooden skewer by strings, salt and dredge with flour, and roast before a quick fire ten or fifteen minutes. Serve on toast, with butter and pepper.

Reed birds may be broiled:—Cut them open through the back, put them on a gridiron over a quick fire; salt, pepper, and butter them, and serve in a hot dish with tomatoes.

The season for reed birds is from the first of September to the middle of October.

EGGS TO-BOIL.

Put the eggs into boiling water; if you like them done quite hard, boil them five minutes; if you like the white hard, and the yolk soft, boil four minutes; if you like the white only set, boil three minutes; if you boil them fifteen minutes, they will be very mealy and soft.

EGGS TO FRY.

Break the eggs and drop them separately into very hot fat, let fry one minute, then drip some of the hot fat over them; do not turn them; three minutes will fry them; serve on slices of ham.

EGGS TO CODDLE.

Break the eggs and slip them separately, so as not to break the yolks, into a stew-pan of boiling water; let the whites just set, then take them up in a skimmer, drain off the water, and serve on slices of buttered toast.

EGGS TO POACH.

Break the eggs into a clean spider, well buttered; add a little salt and half a pint of milk to eight eggs; put the spider over the fire, and beat the eggs and milk until they begin to harden, then with a spoon or broad-bladed knife, scrape them up from the bottom, remove the spider from the fire, and continue to scrape until done; serve with buttered toast.

EGGS AND TOMATOES.

Peel six tomatoes and cut them in slices into a stew-pan, add two table-spoonfuls of butter, a little salt and pepper; when they begin to stew, break in six eggs, stir well, and serve. This is a nice dish for breakfast.

PLAIN OMELET.

Break three eggs into a bowl and beat them until they are of one color, add pepper and salt, and spread the egg very thin in a hot, buttered pan over the fire; as soon as the egg begins to set, roll it up carefully, by putting a broad-bladed knife under one edge, and turning over and over until it is all folded; serve it hot.

PARSLEY OMELET.

Chop some parsley very fine, and mix it with three beaten eggs, salt, and pepper: heat very hot two table-spoonfuls of butter in a frying-pan, pour in the egg—spreading it thin, and immediately commence folding it up, as above; serve hot.

Omelets may be seasoned with onions, ham, and sweet spices, and cooked as above.

FRIAR'S OMELET.

Peel and quarter six apples, stew them until quite tender, then two table-spoonfuls of butter, two of sugar, and three eggs; beat the whole well together, and fry as an omelet, or sprinkle with bread crumbs and bake in a buttered dish.

BREAD OMELET.

Put into a stew-pan a tea-cup of bread crumbs, a tea-cup of cream, a spoonful of butter, with salt, pepper, and nutmeg: when the bread has absorbed the cream break in the eggs, beat them a little with the mixture, and fry like plain omelet.

CHAPTER XII.

VEGETABLES, SALADS, AND GARNISHES.

ARTICHOKES.

Wash, trim, and put them into boiling water for two or three minutes, to take off the skin; when this has been removed put them into plenty of boiling water with a table-spoonful of salt, and boil till tender, which will be from thirty to forty minutes, according to their size.

Raw artichokes are very good pared, sliced, and eaten with pepper, salt, and vinegar upon them.

ASPARAGUS.

Select the large green stalks, wash them carefully, cut off from the white end, making all of one length, tie in bundles of twenty or thirty, put them into a pot of boiling water with a table-spoonful of salt; let them boil slowly twenty minutes; take them up with a skimmer and lay them, without draining, upon slices of toast bread well buttered; lay two bunches upon one dish with their points together, take off the tapes, and serve.

It is well to stand the bunches upon their white end, in a broad pan, in the pot in which they boil, as the white end requires more boiling than the other.

Another mode of cooking asparagus is to cut it into bits one half an inch long, and boil the lower ends ten minutes before the points are put in; then put in the points, and boil ten minutes more: serve as above.

BEANS.

String Beans, which are the earliest, are the pods before they are filled by the bean. The Cranberry is considered by many the best, but there is an earlier variety which does not discolor the water, and is, I think, quite as acceptable to most palates.

To boil them:—Break off the end that grew to the vine,

drawing off at the same time the string upon the edge; repeat the same process from the other end; cut them with a sharp knife into pieces half an inch long, and boil them in soft water. They usually require one hour's boiling,—but this depends upon their age and freshness. When quite tender add a handful of salt, drain through a colander, and serve with butter upon them.

LIMA AND KIDNEY BEANS.

These beans should be soaked an hour in cold water before boiling; then drain them, put them into boiling water—a little more than enough to cover them, and boil them till tender,—serve with butter and salt upon them.

These beans are in season from the last of July to the last of September. There are several other varieties of beans, used as summer vegetables, which are cooked as above.

BAKED BEANS.

The species of beans used for baking is called the white field bean. There are two varieties,—the large and the small, or pea-bean,—the last is considered the best.

Soak one quart in cold, soft water over night; the next morning remove the water in which the beans have soaked, and wash the beans in fresh water; then put them into a pot with two quarts of cold water, set the pot over a slow fire, and let simmer two hours, then score one and a half pounds of fat salt pork, and put it into the pot, concealing it, except the rind, in the middle of the beans; pour in a tea-spoonful of salt, and water enough to cover the pork and beans, set the pot in a hot oven and bake six hours; if the water wastes so that the beans become too dry, add a little more.

Baked beans, after having stood a day or two, are very good warmed over. In some parts of New England they are considered indispensable at a Sunday breakfast.

Lima and kidney beans, and other varieties, are sometimes dried and baked as above; they cook in a shorter time than the white field bean.

BEETS.

The turnip blood-beet is considered the best eating, and, next to that, the long blood-beet. Beets should be washed.

lightly, in order that the little fibres about them be not broken off; if they are broken off the beets will lose their color by boiling.

Put them into hot water and boil until quite tender; a fresh beet will boil in half an hour, and the longer the beet is from the ground, the longer it will be in cooking; in winter two hours is not too long to boil a large one. When the beets are done, immerse them for half a minute in cold water and rub off the skin whole; this can be done immediately, without burning yourself, but if you hold the beet long, you dip it again in cold water, and repeat the process.

BROCCOLI.

Wash it carefully, cut off the green leaves and the hard stalk, and boil in salt and water—if a large one—twenty minutes; send to table with butter poured over it.

CAULIFLOWER.

Wash it carefully, so as not to break off the sprouts, tie the green leaves up and over the flower, cut off the hard end of the stem, boil in plenty of water with a little salt,—a large head will boil in twenty minutes; remove it from the water into a colander; with a sharp knife cut off the leaves and stalk, so that the flowers will lie flat in the dish, pour a little butter over it, and serve hot.

CABBAGE.

Great care is requisite in cleaning a cabbage for boiling, as it frequently harbors numerous insects. The large drum-head cabbage requires an hour to boil; the green savory cabbage will boil in twenty minutes. Do not let a cabbage boil too long,—by a long boiling it becomes watery. Remove it from the water to a colander to drain, and serve with drawn butter, or butter poured over it.

Red cabbage is used for slaw, as is also the white winter cabbage. For directions to prepare these varieties, see articles **SLAW** and **SOUR CROUT**.

CABBOTS,

Carrots are seldom cooked as a separate dish; they may, however, be boiled very suitably as an accompaniment to corned beef or pork. Boil, without peeling, two hours;

remove their skin, cut them in slices, and serve with butter and salt on them. For other modes of cooking them, see Carrot Puddings, Soups, and Ragoûts.

CORN.

Take the ears of green corn, before the milk is set or the skin on the kernels is hard, put them into boiling water with a little salt, and boil fifteen minutes.

Or, cut the kernels from the cob with a sharp knife, put them in a bag, and boil in water ten minutes; serve with butter and a little salt sprinkled over them,

The sweet corn is the best for the table, but is not fit to pick as early as some other varieties.

CELERY.

Wash and clean the heads, cut them in convenient pieces, and stew in very little water for half an hour; serve on toast, and pour butter over.

Celery is used as a salad,—see Salads.

CUCUMBERS.

Cucumbers may be cut in slices and fried. English people boil them, but they are usually prepared in America as a salad.

Take those that are half-grown, pare them, cut them in thin slices, sprinkle them with pepper and salt, and pour over them a little vinegar, and sweet oil if you like it.

DANDELION.

Dandelions should be gathered while they are in the bud. Pick and wash them carefully, cut off the roots, and boil them in salt and water till tender,—twenty minutes is a sufficient time to boil them; let them remain uncovered while boiling, in order that their natural color may be preserved; when done, drain them through a colander, cut them through three or four times, put plenty of butter on, and serve hot.

EGG PLANT.

Take fresh, purple egg plants of a middling size, cut them in slices of a quarter of an inch thick, and soak them for half an hour in cold water, with a tea-spoonful of salt in it. Have ready some cracker or bread crumbs and one beaten

egg; drain off the water from the slices, lay them on a napkin, dip them in the crumbs and then in the egg, put another coat of crumbs on them, and fry them in butter to a light brown. The frying-pan must be hot before the slices are put in,—they will fry in ten minutes.

You may pare them before you put them into the frying-pan, or you may pull the skins off when you take them up. You must not remove them from the water until you are ready to cook them, as the air will turn them black.

Another method is to parboil them whole, then peel them, cut them in slices half an inch thick, and proceed as above. But I think the first mode is preferable, as they are apt to be bitter when parboiled.

ENDIVE.

Endive is usually prepared as a salad, but some persons like it cooked as a vegetable.

After washing and carefully picking the heads, put them into boiling water with a table-spoonful of salt, and boil till tender; keep the pot uncovered while boiling, in order to preserve their natural color; when done, remove them to a colander, press out all the water, and serve them hot with coddled eggs and butter over them.

HOMINY.

Wash well three tea-cupfuls of hominy in cold water, turn off the water in which it is washed, and add one quart of clear cold water, in which let it soak over night; or as long as is convenient; then put it over a slow fire, and stir it frequently, until it begins to boil; let it boil until the water has disappeared; just before you take it from the fire, add a tea-spoonful of salt; it may be served with butter and sugar, or eaten with meat, seasoned with gravy.

MACARONI.

Macaroni is very generally used as a vegetable. Wash it lightly in cold water, and break it in pieces of equal length convenient for your dish; put it into a stew-pan, with barely enough water to cover it, set it over a slow fire, and let it boil ten minutes, then add a little salt and a tea-cup of milk, and let it continue to boil until quite tender; then pour it into your dish, put a table-spoonful of butter over it, grate

some old cheese upon it, brown it with a salamander or a red hot shovel, and serve.

MUSHROOMS.

Mushrooms are so rare in this country, that they are seldom seen upon the tables of private families. Their flavor resembles the flavor of an oyster. They may be broiled on a gridiron and seasoned with butter; but the most common mode of cooking them, is to stew them in a very little water, with a little butter, salt, and pepper, and then thicken the gravy with a little flour. They should not be allowed to boil more than three minutes.

ONIONS.

The white silver-skins are the best species. To boil them:—Peel off the outside, cut off the ends, put them into cold water and into a stew-pan, and let them scald two minutes; then turn off that water, pour on cold water, and boil slowly till tender, which will be in thirty or forty minutes,—according to their size; when done, drain them quite dry, pour a little melted butter over them, sprinkle them with pepper and salt, and serve hot.

Onions are very nice fried in butter. Many people like them roasted, by burying them in ashes without removing the outer skin: when roasted pull off the skin and season them with salt and butter.

OYSTER PLANT.

For directions for cooking oyster plant, see Salsify.

PARSNIPS.

Large parsnips require one and a half hours to boil. When done, pare off the skin, split them in halves, and put butter, salt, and pepper on them.

Parsnips are very nice cut in slices and fried in butter, on a hot griddle, till brown.

Parsnips are improved by remaining in the ground all winter.

PEAS.

As green peas lose much of their sweetness in washing, they should be kept clean enough not to require it. In shelling them, be careful to let no dirt or bits of pod mix with them.

Put them into warm water—just enough to keep them from burning,—add a little salt, and let them boil slowly until tender; young peas will cook in twenty minutes; when done, put a large piece of butter upon them, and serve with boiled pork, or roast lamb.

Dried peas are very good for soups and porridges. See Pea Soup.

POTATOES.

Potatoes are best when perfectly ripe; new potatoes are not fit to eat until fully grown. The water in the boiling-pot should always boil before the potatoes are put in. If the potatoes are to be boiled with their skin on, they should have a bit cut from each end to allow the steam to escape when taken from the pot.

New potatoes require but twenty minutes to boil; when they have been long out of the ground, a longer time will be required to boil them; when boiled enough, turn off the water, sprinkle salt upon them, shake the pot, place it close to the fire for two or three minutes, to dry the potatoes, and then dish up. They should never be sent to the table with their skins on. Old potatoes should be pared and soaked in water for an hour before boiling.

Potatoes may be served in various forms. When boiled tender put two or three—according to their size—in a cloth, and pound them with a wooden spoon; then squeeze them tightly, and drop them upon your dish in a white ball.

Or you may make them up in the form of a pear, egg them over, and brown in the oven.

Or you may mash them with a little milk, butter, and salt, and make them into any form you prefer.

Or you may slice them, and warm them in a soup of milk, butter, and salt.

Or you may slice them, and fry them with a little salt sprinkled over them.

Potatoes are essential to every dinner, and an ingenious cook will vary the manner of serving them indefinitely. To eat with roast pork, they should be baked or roasted in the ashes.

SWEET POTATOES.

Sweet potatoes should never be pared before cooking. If you wish to boil them, wash them clean, cut a bit from each

end, and boil in clear water, without salt; the water in the boiling-pot should always boil before the potatoes are put in; large potatoes require one hour to boil; when half-done, pour over them a pint of cold water.

If you wish to bake them, they will cook much more nicely in the ashes than in the oven. If they are of a large size, give them an hour and a half to bake, and do not let their skin scorch.

Boiled sweet potatoes are very good cut in slices and boiled on the gridiron; they may be made into puddings and pies.

Southerners prefer sweet potatoes when they have a syrup between the skin and the meat, which they call honey; they do not like what the Northerners call *mealy* sweet potatoes.

RICE.

To boil rice:—Wash the rice in changes of water until it ceases to discolor the water; then to two cups of rice add four cups of boiling water, let it boil ten minutes, add a tea-spoonful of salt, let it boil five minutes more, and if all the water has not disappeared, take off the cover and set the dish by the side of the fire, where the rice will dry; if all the water has disappeared, dish the rice immediately; never stir rice while it is boiling, as stirring will make it adhere to the cooking dish.

SALSIFY.

Scrape and wash the roots, cut them in thin slices, and stew in water enough to cover them; they must be kept covered closely, as exposure to the air turns them black; they will cook in twenty minutes; when done, add butter, pepper, and salt: thicken the liquor with flour, and serve hot in a covered dish hot.

SPINACH.

Cut off all the roots, and put it in boiling water with a tea-spoonful of salt; let it boil ten or fifteen minutes according to its age and size; when done, drain through a colander, and serve with coddled eggs laid on top, a spoonful of butter, and a little salt.

Or, when the spinach is boiled, you may chop it, and dish it in sippets of buttered toast, seasoned with pepper and salt.

SORREL.

Sorrel may be treated as spinach, above. It is a very good salad, uncooked.

SUMMER SQUASH.

Summer squash should be boiled in a cloth thirty minutes; when done, squeeze out all the water before you remove the cloth; then mash fine, with a large piece of butter and a little salt; put the whole into a stew-pan and heat it over the fire, stirring continually; when quite hot, serve in a covered dish.

WINTER SQUASH.

The best kind of winter squash is the small marrow squash. Pare them, cut them in pieces of convenient size for the stew-pan, and stew them over a slow fire with just water enough to cover them when done,—mash the squash in the stew-pan very smooth, add butter and salt to it, and set it over the fire to heat; when ready to dish, turn the stew-pan bottom upwards, and pour the squash upon the dish.

SUCCOTASH.

Take one dozen ears of sweet corn, cut off the kernels, and boil the cobs in three pints of water; wash one quart of Lima, or other fresh-shelled beans, and put them into the water with the cobs; scald one pound of salt pork, and add it to the beans and cobs; let the whole boil together three quarters of an hour, then take out the cobs, add the kernels of corn previously cut from them, and let the kernels, the beans, and the pork, boil together fifteen minutes; when done, there should remain water only sufficient to keep them from burning, in the pot; serve the pork on a flat, and the succotash in a deep dish.

Succotash is a favorite dish in New England; some prefer it without the salt pork, in that case, butter and salt must be added when the succotash is dished.

TOMATOES TO STEW.

Select one dozen that are ripe and fair, pour boiling water upon them and peel off their skin, cut them in slices, put the slices into a stew-pan, with a few crumbs of bread and some

salt and pepper; stew them over a slow fire five minutes; take them from the fire, add a large lump of butter, stir them well, and serve hot.

TOMATOES, TO BAKE.

Prepare them as above,—butter a baking-dish, and put slices of tomato over the bottom of the dish, with pepper and salt, then a layer of bread crumbs, then a layer of tomatoes with pepper and salt, then bread crumbs, and so on until the dish is filled,—set in a moderate oven and bake brown.

TOMATOES, UNCOOKED.

Uncooked tomatoes are very good, when peeled, sliced, and seasoned with pepper, salt, and vinegar.

TURNIPS.

Turnips are a very watery vegetable, and should be put into boiling water and boiled constantly until done; then drain off the water by pressing the turnips upon a colander, mash them, season with salt, pepper, and butter, and keep them hot over the fire, while you dish your dinner.

Some persons serve turnips sliced and seasoned.

SALADS.

The principal salad in general use is lettuce. The white cos, or head lettuce, is the best. The endive is a species of lettuce; the curled-leaf endive, when bleached, is very crisp and nice. Cress, or pepper-grass, makes a good salad; radishes are sometimes cut up with it. Celery is greatly admired, and universally used as a salad. All these species are prepared for the table in the same manner.

Let them be nicely picked and washed, then cut them into small bits, but do not chop them—as chopping injures their color. The most simple mode of dressing is in the following proportions:—With the back of a wooden spoon mash the yolks of two eggs boiled hard, to which add one tea-spoonful of salt and two table-spoonfuls of the best olive oil; rub these ingredients together, until they are well mixed, then add one table-spoonful of brown sugar, and one of mustard

flour; stir the mixture well, and drop into it enough sharp vinegar to make a liquid,—stirring all the time; this dressing must not be used until the salad is ready to serve, as the salad will wilt soon after it is poured upon it; if more vinegar is needed, let it be added by the guest; garnish the dish with the white of the eggs cut in rings.

CELERY, UNDRESSED.

Celery is sometimes sent to the table without dressing. Scrape the outside stalks, and cut off the green tops and the roots, lay it in cold water until near the time to serve, then change the water, in which let it stand three or four minutes; split the stalks in three, with a sharp knife, being careful not to break them, and serve in goblet-shaped salad glasses.

CHICKEN SALAD.

Chicken salad is prepared by cutting up a boiled or roasted chicken in pieces an inch square, and mixing them with an equal proportion of the celery or lettuce, prepared as above.

LOBSTER SALAD:

Lobster salad is prepared as chicken salad,—substituting lobster for chicken.

COLD SLAW.

Wash and clean a fresh cabbage, shave down the head in very thin slips, with a sharp knife, and put it into the salad dish; then prepare the following dressing:—Stir gradually into a table-spoonful of mustard flour, one large table-spoonful of the best olive oil; when the mustard has absorbed all the oil add a tea-spoonful of salt, a little Cayenne, and the yolk of two eggs boiled hard, mix them until they are of the consistency of soft butter; then stir into the mixture a tea-cupful of cold vinegar, and pour this dressing over the cabbage, just as it goes to the table; the cabbage will lose its freshness by standing a long time in the dressing.

WARM SLAW.

Cut the cabbage as for cold slaw,—a hard red cabbage is best; then put into a sauce-pan a quarter of a pound of butter, two gills of water, three gills of vinegar, a tea-spoonful of salt, a little Cayenne, and, if you like it, a garlic minced

a skewer, or sew it up with
Larder the outside of the me
pork. Spit the veal, put a
dripping-pan, baste the meat
it before a moderate fire, allo
By no means remove the
thoroughly cooked. When c
serve it with sliced lemon.

To make the GRAVY, turn
skim off all the fat, put in y
fire, stir in a little butter and
it come to a boil, and turn it

A KNUCKLE OF

Put four skewers into the
knuckle in two or three places
cover it with water. Season
and if you have a ham bone, pu
it will greatly improve its flav
hot fire, and when it comes to
it simmer two hours very slow

When cooked serve it in a
around it, and garnished with
ter in the gravy before you ret

VEAL CUT

Cut the slices of about three
ness, from a leg or fillet of ve
with a few thin slices of salt
cupful of water, and parboil th
all the gravy, and fry them a
time season your gravy and dr
the cutlets are quite tender
them the gravy, cover the ste
the fire for two or three minut
horse-radish.

VEAL S

The best steaks are cut from
be cut very thin, and broiled o
not dry in cooking. When b
brown them on the other side.

CONSTRUCTION AND USE

of all things, use but one a slow fire five minutes;
beforehand to get all a large quantity of water, stir them
well together.

VEAL IN SAUCE

Take four or five—either a whole pig, and put
them in a stew-pan with the butter of the fat, mix pepper and
salt, lay a layer of bread crumbs, then a layer of tomatoes
sliced, and so on, till the bread crumbs are in on with the
fat, and so on till the whole is well browned.

CONSTRUCTION

Should contain no very great, like pebble, sized,
material, and paper, and, and so on.

CONSTRUCTION

Things are very much vegetable, and should be put
into a bag, and so on, and so on, and so on, and so on,
and so on, and so on, and so on, and so on, and so on,
and so on, and so on, and so on, and so on, and so on,
and so on, and so on, and so on, and so on, and so on.

HEADS

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the heads are a good use in letters. The white

mixture well, and drop into it enough sharp
like a liquid,—stirring all the time; this dress-
e used until the salad is ready to serve, as the
soon after it is poured upon it; if more vine-
let it be added by the guest; garnish the dish
of the eggs cut in rings.

CELERY, UNDRESSED.

sometimes sent to the table without dressing.
side stalks, and cut off the green tops and the
cold water until near the time to serve, then
water, in which let it stand three or four mi-
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break them, and serve in goblet-shaped salad

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tle Cayenne, and, if you like it, a garlic minced

THE NATIONAL COOK BOOK.

... for ... five minutes; ...

PREPARATION OF ...

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flour; stir the mixture well and add very little vinegar. Vinegar must not be used until the salad will wilt soon after it is poured over. If vinegar is needed, let it be added by the spoon. Dressing is made with the white of the egg and is best.

CELERY DRESSING

Celery is sometimes used in the same way as lettuce. Scrape the outside stalks and cut off the roots, lay it in cold water until near the time of use, change the water, if which it is fresh, every few minutes; split the stalks in halves with a sharp knife, be careful not to break them, and serve in cold dressing.

ably this winter... imprimatur of Robert F. Johnson... over the discovery... lives of Lyndhurst and his family... before they did. The explanation... that he wrote of them... only, and their... before Campbell... hurst's saying... death in the... written by... gusto; complicated... bell, at the first... tually writing... versatile power... his title. The... author of the... one of the dullest... stupidest men... Von Sybel's... has gone through... but the English... has as yet only... pretending... the German... The valuable part...

best; then put into a sauce-pan a quart of water, two gills of vinegar, two gills of oil, a little Cayenne, and, if you like it, a few blades of



fine; let the whole come to a boil, then pour it boiling hot over the cabbage and cover it closely five or ten minutes, when it will be ready for the table.

SOUR CROUT.

As this preparation of cabbage is considered a preventive of sea-scurvy, on long voyages, an account of the process of making it, furnished by an ingenious German gentleman, may not be unacceptable.

Select the soundest and most solid cabbage, and, with a sharp knife, shave them very finely,—as for cold slaw. Pack the cabbage thus prepared in a barrel, in layers five or six inches deep; between the layers strew a handful of salt and a handful of caraway seeds; in this manner fill the barrel, ram it down tightly, put a strong cover over it, and a weight upon the cover. After standing in this condition for three or four weeks in winter, and two or three weeks in summer, the cabbage begins to ferment,—and it is not fit for use until the fermentation has entirely subsided.

Not a drop of vinegar is employed in this preparation, and it is considered by many a delightful dish. If you prefer the sour crout highly seasoned, you may add mace and allspice to your taste.

The Germans write Sauer Kraut, or Sauer Kohl; that is, Sour Herb, or Sour Cabbage.

DRESSING FOR SALADS.

Mash finely the yolks of three eggs, which have been boiled fifteen minutes; rub into them half a tea-spoonful of mustard and a little Cayenne pepper, then mix in two table-spoonfuls of olive oil, then half a pint of good cream, and lastly, three or four table-spoonfuls of vinegar,—pass the whole through a fine sieve, and serve.

MONTPELLIER BUTTER—FOR DRESSING SALADS.

Boil six eggs quite hard, when cold put the yolks into a mortar with four anchovies well-washed, two table-spoonfuls of capers, six gherkins, a little salt and pepper, three table-spoonfuls of Tarragon vinegar, pound all together, adding the yolk of a raw egg, until it becomes a stiff paste, moisten with vinegar, rub through a hair sieve, and keep it upon ice until wanted.

GARNISHES.

PARSLEY is more generally used than any other garnish. It is sometimes dipped in very hot fat; drawn out immediately, and dried on a napkin or paper; when thus prepared, it is called crisped parsley. It is sometimes chopped very fine, and arranged in clusters around the dish. It is sometimes boiled in water two minutes, and spread over the dish. It is sometimes used in its natural state to adorn cold meats.

HORSE-RADISH, either grated or cut in fine strips, is very much used as a garnish. It may be kept, prepared in bottles, all the year.

CARROTS, boiled and sliced, are sometimes used to garnish boiled beef and mutton.

BARBERRIES AND CURRANT JELLY are garnishes for mutton, venison, and game.

LEMONS and **ORANGES**, in thin slices, are garnishes for most kinds of spiced meats, for veal, calf's-head, and game.

MINT is a garnish for lamb and rabbit.

PICKLES, of various kinds, are garnishes for all meats and fish.

CHAPTER XIII.

PICKLES AND CATSUPS.

BUTTERNUTS.

When the butternuts are green and soft, and you can easily pass a pin-head through them, which in New England is usually the first week in July, they are in a fit state for pickling.

Put them into a strong brine of salt water, and let them soak three days; then take them out, and with a stiff brush remove all the roughness from their outside; if the brush does not remove it, use the bowl of an iron spoon; then lay them in a tub and pour a hot brine of salt and water over them; in this new brine let them soak three days; then remove them; wash them in cold water, and soak them in clear water twenty-four hours. Make a mixture of one table-spoonful of whole cloves, one do. of mace, one do. of white mustard-seed, one do. of allspice, one do. of ground cinnamon, stirred into one gallon of good cider vinegar; add one red pepper-pod to this mixture, and put the whole over the fire, and let it just come to a boil. Drain the butternuts dry from the water in which they stand, pour this boiling mixture upon them, cover them, and let them stand a few days; then taste the liquor, and if it is lively and good, it will need no more scalding, but if it is flat and rather insipid, pour it off, scald it again, and return it hot to the butternuts. If you use the best cider vinegar, the pickles will need no more care, and will be fit for use in three months. They will keep best in glass jars, covered closely.

English walnuts may be prepared and pickled as butternuts.

CUCUMBERS AND GHERKINS.

Cucumbers and gherkins that are pickled together should be all of one size. If you wish a variety of sizes, you had

better pickle the different sizes in different lots. If they are gathered from the vines at different times, keep them in salt water until you have enough to pickle, then rinse them clean in cold water, being careful not to break or bruise them; put them in jars, pour a hot, strong brine of salt and water upon them, and let them stand in this brine two days; then take them from the brine, rinse them in cold water, and let them drain three or four hours; then boil a sufficient quantity of the best cider vinegar, with a bit of alum of the size of a walnut, and a tea-spoonful of allspice; pour this liquor boiling hot upon the cucumbers, cover them closely, and set away for use; in two weeks they ought to be good pickles. The brine in which they were scalded will do to keep fresh cucumbers in, until you are ready to pickle them.

Barberries, green peaches, young bean-pods, radish-pods, green grapes, and artichokes may be pickled in the same manner as cucumbers.

CAULIFLOWER.

After cutting off all the green leaves, put the cauliflower into boiling water with a good supply of salt, and boil three minutes only; take them out of the salt and water; dip them in clear cold water one minute, to send the heat to the heart of the cauliflower; cut them in pieces convenient to be put into your jars; make a mixture of one table-spoonful of mace, one do. of cloves, one do. of allspice, one do. of ginger; two do. of white mustard-seed, and a red pepper-pod with every gallon, which it is necessary to use, of the best cider vinegar; let this mixture boil, and then pour it, boiling hot, upon the pieces of cauliflower; cover them closely, and let them stand one week, then pour off the liquor, scald it, return it again hot to the cauliflowers, and in twenty-four hours the cauliflowers ought to be good pickles; then put them into jars ready for use.

The best cider vinegar should be used, and if it is not perfectly clear, it will discolor the cauliflower.

Broccoli may be prepared in the same manner, but is not as handsome, when pickled, as the white cauliflowers;

MANGOES.

Select small, half-grown musk-melons, free from defects

and bruises, keep them in cold salt and water until you have gathered all that you wish to pickle.

Make a strong brine of salt and water, pour it boiling hot over the mangoes, and let them soak in it one week.

In the mean time provide the following dressing for every fifty mangoes:—One pound of horse-radish, one half a pound of race ginger, one quarter of a pound of cloves, one quarter of a pound of mace, one ounce of stick cinnamon, one quart of white mustard-seeds, one quart of pickled beans, one quart of pickled grapes, fifty pickled onions, fifty small cucumbers, and one dozen green limes.

At the end of one week take the melons from the brine, cut a round piece out of the side of each, and with a small wooden spoon scrape out all the seeds from their inside; then fill each melon with a portion of the above ingredients, putting one onion into each melon; when every melon is thus filled, put them all into the pickle tub, and pour over them boiling vinegar, which has been boiled with two red pepper-pods, in sufficient quantity to cover them; then set them away, and let them stand six months before using.

NASTURTIANS.

Gather them before the seed begins to harden; pour over them boiling vinegar with a little salt in it; and, when cold, bottle and cork them tightly. When thus pickled, they will keep a year, if the vinegar is good. They are in all respects equal to capers, for sauces, and are cultivated with less trouble.

ONIONS.

Select small silver-skins of equal size, peel off their outer skin, and scald them three times with boiling salt and water, allowing them to cool after each scalding. Then put the onions into a pot, pour boiling vinegar upon them, cover them closely, and place them aside for use. They ought to be good pickles in two weeks.

PEPPERS.

Pick the peppers late in the season, just before they begin to turn red; soak them ten days in a strong brine of salt and water; then, if they have a good green color, remove them from the brine to clear cold water, in which let them

soak twenty-four hours; if they have not a good green color, they will get it by a scalding in the brine; drain them, and if you wish them very hot, pack them away whole in cold vinegar; if you wish them very mild, remove their seeds—scraping them out through a slit cut in the side of each pepper, and pack them in vinegar. They ought to be good pickles in eight weeks.

You may, also, fill the peppers with red cabbage cut finely; then pour boiling vinegar over them,—when cool, pack them in jars, and they will keep for years.

PICCALILLI.

Piccalilli is a mixture of all kinds of pickles. Select pickles, from the salt brine, of a uniform size and of various colors;—as small cucumbers, button onions, small bunches of cauliflowers, carrots cut in fanciful shape, radishes, radish-pods, bean-pods, Cayenne-pods, race ginger, olives, grapes, limes, strips of horse-radish, &c. &c.

Arrange your selection tastefully in glass jars, and pour over them a liquor prepared in the following manner:—To one gallon of white wine vinegar add eight table-spoonfuls of salt, eight of mustard-flour, four of ground ginger, two of pepper, two of allspice, two of turmeric, and boil all together one minute; the mustard and turmeric must be mixed together by vinegar before they are put into the liquor; when the liquor has boiled, pour it into a pan, cover it closely, and, when it has become cold, pour it into the jars containing the pickles; cover the jars with cork and bladder, and let them stand six months—when they will contain good pickles.

Piccalilli is an excellent accompaniment to many highly-seasoned dishes; if well put up, it will keep for years.

If you like oil in the piccalilli, it should be braided with the turmeric and mustard-flour into the vinegar, and added with them to the boiling liquor.

RED CABBAGE.

Shave it finely, as for slaw; pack it in a pot in layers, sprinkling a handful of salt between each layer, and let it remain closely covered for twenty-four hours; then cover it with boiling water and let it stand twenty-four hours longer;

drain in a colander, and, when dry, prepare equal quantities of cloves, allspice, mace, and mustard seed; grind the spices, and put them loosely into a muslin bag; put whole peppercorns in the pickle-pot, and lay the red cabbage, with this seasoning, upon them; cover the whole with the best white wine vinegar cold. It must stand two weeks before it is fit for use.

Some persons pour the vinegar in hot, but I do not think the pickle will be as good.

TOMATO CATSUP.

Pour a little boiling water upon half a bushel of ripe tomatoes, pull off their skins, cut them in slices, arrange the slices in layers in a deep stone or earthen jar, sprinkle salt between the layers,—allowing four pounds of salt to every half bushel of tomatoes,—and let them stand one week; then put them into a stew-pan with one ounce of mace, one ounce of red pepper, one ounce of cloves, two grated nutmegs, one table-spoonful of powdered cinnamon, one of allspice, one of ginger; boil the whole over a moderate fire until reduced one half in quantity; then strain it through a wire sieve, let it stand until cool, bottle it, cork the bottles tightly, dip the tops into melted pitch and rosin, then into cold water, and keep in a cold, dry place until wanted. There will be about six quarts.

WALNUT CATSUP.

Wash the shells of walnuts, bruise them slightly, pack them with salt, in layers, in a stone jar, and let them stand two or three weeks, or until they begin to ferment; then pour them into a stew-pan, give them one boil-up, strain off the liquor, add to every two quarts one ounce of allspice, one of ginger, one of black pepper, one of cloves, one of mace, boil the whole one hour, let it cool, and bottle as above.

MUSHROOM CATSUP.

Pack the mushrooms with salt, in layers, in a stone jar, let them stand three hours, then pound them in a mortar, return them to the jar, where let them remain three or four days, stirring them occasionally; then for every quart of the liquor add one ounce of pepper, and half an ounce of all-

spice, set the jar in a kettle of boiling water and boil four hours, then pour the liquor through a fine sieve, and boil it until it is reduced one fourth; let it cool, and bottle as above.

SWEET PICKLES:

Boil a pickle, made of one and a half pints of white wine vinegar, three and a half pounds of sugar, with mace, cinnamon, and cloves to your taste; pour this pickle boiling hot upon six pounds of cling-stone peaches in a stone jar, and set away in a cold place until wanted.

Plums require five pounds of sugar to six pounds of fruit.

CHAPTER XIV.

BREADS, FLOUR BISCUITS, AND FLOUR CAKES.

GENERAL OBSERVATIONS.

As there is no single article of food upon which the health and comfort of a family so much depends as upon BREAD, so there is none that requires more attention and care in its preparation.

Good bread cannot be made from bad flour, nor can good bread be satisfactorily made from good flour and bad yeast; and when both the flour and the yeast are good, the bread, by want of skill or attention in the baker, may be spoiled in making.

The dough, as soon as it is made, should be kept in a moderately warm place until it begins to rise; it should then be removed to a cool place to give time to the whole mass to become equally leavened. At the time the whole mass has become equally leavened, mould the dough. Take care to have an oven properly heated to receive the dough; if the oven be *too slow*, the dough will sour before it bakes. The dough should not remain in the oven a longer time than is necessary to bake it well. No definite rules, however, can be given for baking bread, but a good judgment, which is always an essential in the character of a good housekeeper, must direct when to put the dough into the oven, and when to withdraw it. Experience will teach the art of making good bread more successfully than any prescribed rules.

☞ If you have, unfortunately, obtained flour made from *grown grain*, you may rectify the flour by adding to it a little pulverized alum,—say, one ounce of alum to one hundred weight of flour. The alum should be put into the dough after the sponge is raised.

TO MAKE YEAST.

Put a handful of dry hops into a stew-pan with two quarts of water, and boil thirty or forty minutes; then strain the

liquor on to a pint of wheat flour, into which you have mixed a table-spoonful of salt; stir the whole together until it is well mixed and appears rather thicker than batter for pancakes; let it stand until nearly cold, then stir into it half a tea-cupful of brewer's yeast, or any other good and lively yeast; set it in a warm place until it begins to rise, then cover it closely, and set it in a cold place.

When you wish to use any of the yeast, throw in a spoonful of flour, to give it something to live upon until you have occasion to open it again. If you wish to keep it a long time, you may thicken the whole with Indian meal until you make it a stiff dough, then roll it out to a quarter of an inch in thickness, cut it into small cakes, and dry upon clean boards in the sun; they will dry quickly in a current of air; when they have become hard, pack them into a clean bag, or box, and keep them in a cool, dry place. One cake of this yeast is sufficient to raise two quarts of flour made into dough; let one cake soak in three table-spoonfuls of warm water, until it falls to pieces, then add a little more water and flour enough to thicken it, let it stand until quite light, and use it.

WHEAT BREAD.

Put the flour into a large bread-pan, make a hole in the middle of it and pour in the yeast in the ratio of half a tea-cup of yeast to two quarts of flour; stir the yeast lightly; then pour in your "wetting," either milk or water, as you choose,—which use warm in winter, and cold in summer; if you use water as "wetting," dissolve in it a bit of butter of the size of an egg,—if you use milk, no butter is necessary; stir in the "wetting" very lightly, but do not mix all the flour into it; then cover the pan with a thick blanket or towel, and set it, in winter, in a warm place to rise,—this is called "*putting the bread in sponge.*" In summer the bread should not be wet over night. In the morning add a tea-spoonful of salt and mix all the flour in the pan with the sponge, kneading it well; then let it stand two hours or more until it has risen quite light; then remove the dough to the moulding board and mould it for a long time, cutting it in pieces and moulding them together again and again, until the dough is elastic under the pressure of your hand;

then make it into loaves, put the loaves into baking-tins, let them stand ten or fifteen minutes, prick them three or four times with a fork, bake in a quick oven.

If these directions are followed, you will obtain sweet, tender, and wholesome bread. If by any mistake the dough becomes sour before you are ready to bake it, you can rectify it by adding a little dry supercarbonate of soda, moulding the dough a long time to distribute the soda equally throughout the mass. All bread is better, if naturally sweet, without the soda; but SOUR BREAD you should never eat, if you desire good health!

Some people use scalding water in making wheat bread; in that case the flour must be scalded and allowed to cool before the yeast is added,—then proceed as above. Bread made in this manner keeps moist, in summer, much longer than when made after the usual mode.

BROWN BREAD.

Brown bread is made of rye and Indian meal, in equal proportions. Add salt to the mixture, wet it with water and yeast enough to raise it; the dough should not be made hard enough to mould; stir it with a spoon as thick as you conveniently can, put it immediately into the baking-pan, smooth over the top with your hand wet in cold water, and let it stand until the top cracks,—then bake it in a hot oven, if a thick loaf, four hours.

Some people put molasses into this bread, but molasses, I think, renders it unwholesome and unpalatable. Good Indian meal, and sweet rye flour, are much better without molasses than with.

Another brown bread is made by mixing one-third wheat, one-third rye, and one-third Indian, and proceeding as above.

RYE BREAD.

Rye bread is made as wheat bread; but it requires longer kneading and slower baking.

DUCHESS COUNTY BREAD.

Melt two ounces of butter in a pint of warm water; then add a small tea-spoonful of salt, one and a half pounds of wheat flour, and two table-spoonfuls of yeast; into this stir the yolks of three eggs, well-beaten, and the whites of three

eggs, beaten to a stiff froth—these must be the last things put in. Beat the whole well together, until the mixture will not adhere to the spoon; fill buttered pans three quarters full, set away for three or four hours to rise, and bake in a moderate oven and in the same pans in which the dough has risen.

CORN BREAD.

Dissolve one table-spoonful of butter in a quart of new milk, beat two eggs light and add them to the milk; wet your Indian or corn meal with this mixture, to the consistency of batter for griddle-cakes; add one tea-spoonful of salt and half a tea-cup of yeast; butter the baking-tins, put the batter in, and let stand in a warm place one hour to rise; bake one hour in a hot oven.

2. *Another mode* of making Corn Bread:—Mix with your meal a tea-spoonful of soda, a tea-spoonful of salt, and a table-spoonful of molasses; wet the mixture with new milk to the consistency of batter for griddle-cakes, put it into your tins and bake immediately; it will bake in four hours.

3. *Another mode*:—Dissolve one table-spoonful of butter in a quart of milk, add four eggs, well-beaten, and one tea-spoonful of salt; stir in meal enough to make a thin batter; pour it, half an inch deep, into the baking-tins, and bake half an hour. You may add two table-spoonfuls of brown sugar to the meal; if you like.

4. *Another mode*:—Mix one pint of Indian meal with one tea-cup of wheat flour, and add to the mixture one tea-spoonful of salt; then put one tea-spoonful of saleratus into a pint of sour milk, and stir this into the mixture; pour the thin batter thus made into baking-tins, to the depth of half an inch, and bake half an hour in a hot oven.

RICE BREAD.

Boil three table-spoonfuls of rice in a pint of water until quite tender; then pour the rice upon a quart of wheat flour, add a tea-spoonful of salt, two table-spoonfuls of yeast, and as much warm water as will make it a soft dough, let it stand in your baking-pans to rise; when light, bake in a moderate oven till done, which may be ascertained by running a wooden skewer through the loaf, and if it comes out dry and clean

the loaf is done; it should be baked a light brown, and eaten hot.

GRAHAM, OR DYSPEPSIA BREAD.

This bread is made as wheat bread, using Graham flour instead of fine wheat, and mixing a gill of molasses with every three quarts of flour.

KENTUCKY INDIAN CAKES.

Put one quart of milk over the fire and let it come to a boil, then remove it, and, while hot, stir in gradually as much Indian meal as will make a thick batter; add two ounces of butter and a tea-spoonful of salt; stir it well, and, when cool, add four eggs well-beaten; when the batter is thoroughly mixed drop it, in the manner of buckwheat cakes, upon a hot griddle; send to the table hot, eat with molasses or butter and sugar.

HOE CAKE.

Upon one quart of Indian meal and one tea-spoonful of salt, pour scalding water sufficient to make a thick batter; spread it upon a board, and roast each side before a hot fire. The name is derived from a former practice of baking it on a *hoe*.

HARLEM CAKE.

Dissolve, over the fire, one quarter of a pound of butter in a pint of milk; then remove it from the fire, and add two eggs, (or the whites of three,) beaten light, a little salt, and three table-spoonfuls of yeast; stir in enough flour to make a soft dough, mix it thoroughly, cover it with a thick cloth, and set it in a warm place to rise; when quite light, stir in a tea-spoonful of soda dissolved in warm water; separate the dough into long oval cakes or rolls, knead each cake or roll separately, until the dough will not adhere to your hands; put them on a tin sheet or baking-pan, at a little distance from each other; cover them again, and let them stand half an hour; then prick them with a fork, or cut a slit in the top of each and bake them; they are very good cakes for breakfast or tea.

JOHNNY CAKE.

To one quart of new milk add three eggs, a tea-spoonful of saleratus, one tea-cup of wheat flour, and Indian meal

sufficient to make a thick batter; bake quickly in pans previously buttered, and eat warm with butter or milk.

LONG ROLLS.

Dissolve three table-spoonfuls of butter or lard in one pint of warm water, then add four table-spoonfuls of good yeast and a tea-spoonful of salt; stir enough flour into this liquor to make a stiff batter, cover it, and set it in a warm place to rise; when quite light, add one tea-spoonful of soda, dissolved in warm water, and flour enough to make a stiff dough, knead it long and hard, cut it into long oval rolls; and, after moulding them into a good shape, put them on a tin sheet or baking-pan, at equal distances from each other; cut a slit in the top of each, cover them, and set them aside for half an hour to rise; then bake them brown.

If you prefer to mix them in milk, you may omit a spoonful of the butter or lard, as directed above.

NO. 1. FRENCH ROLLS.

Put two quarts of fine wheat flour into a bread-pan, and into the centre of it pour a pint of warm water and a tea-cup of lively fresh yeast; stir it to a thin batter, sprinkle flour over it, cover it with a thick cloth, and let the *sponge* (see wheat bread,) rise until it breaks over the top of the flour. Then dissolve one table-spoonful of butter in a pint of fresh milk, add a tea-spoonful of salt, and pour the liquor into the sponge with flour enough to make a soft dough, let the dough stand one hour to rise, then make it into rolls, put them upon baking-tins, and let them stand fifteen minutes; bake in a quick oven.

2. *Another mode.*—Into one quart of warm water and one tea-cup of good yeast, mix wheat flour enough to make a thin batter, let it stand over night, in the morning add one half a pint of water, two tea-spoonfuls of salt, and flour enough to make a stiff dough, mould the dough into rolls, lay them on baking-tins, let them stand half an hour, and bake in a quick oven.

NO. 3. FRENCH ROLLS.

Dissolve one table-spoonful of butter in one tea-cup of milk, add one egg, a little salt, and three spoonfuls of light

dough. Knead it into rolls with wheat flour, let it rise, cut a slit on top, and bake in a quick oven.

GRAHAM ROLLS.

Graham rolls are made as above, using Graham flour instead of fine wheat.

AMERICAN BISCUIT.

Dissolve half a pound of butter in a pint of milk or water, with a little salt; pour this liquor upon four pounds of flour; make it into a stiff dough, beat it hard, and mould it half an hour, roll it thin, cut it into convenient shapes, and bake it in a hot oven.

BUTTERMILK BISCUIT.

Rub one table-spoonful of butter into a quart of flour, with a little salt; dissolve one tea-spoonful of supercarbo-nate of soda in a pint of butter-milk, and with this wet the flour to a dough as soft as you can mould, roll it out, cut it into biscuit, and bake in a quick oven twelve minutes.

Very nice biscuit may be made with cream without the butter, by the same process.

CAPTAIN'S BISCUIT.

To seven pounds of flour add four large table-spoonfuls of butter, and a little salt; wet the flour with one quart of water; mould and knead it to a stiff paste, pound it hard, roll it out as thin as possible, cut it in convenient shapes, and bake in a hot oven.

ENGLISH BISCUIT.

Dissolve a quarter of a pound of butter in a quart of warm milk, stir in flour enough to make it not quite as stiff as bread; add one egg beaten in a tea-cup of yeast; let it rise, knead it well, when light roll it out, cut it into biscuit, and bake in a quick oven.

HARD BISCUIT.

Rub four table-spoonfuls of butter into one quart of flour, beat two eggs quite light, put them into a tea-cup of milk, and stir the milk and eggs into the flour, adding salt; mould it, knead it again and again, pound it, roll it thin, cut it, and bake it in a quick oven fifteen minutes.

RAISED BISCUIT.

Dissolve one table-spoonful of butter in a pint of new milk, add one egg beat light, and a table-spoonful of lively yeast, stir in wheat flour enough to make a thin batter; let it stand and rise until quite light, then add a tea-spoonful of salt, with flour enough to make a soft dough; mould the dough ten or fifteen minutes; roll it out half an inch thick, and cut it into biscuits, cover them with a thick cloth, and let them stand an hour; prick them, and bake them in a quick oven; they will bake in fifteen minutes.

SOUTHERN, OR GEORGIA BISCUIT.

Rub half a pound of butter and a little salt into four quarts of flour; wet the whole with a little more than a pint of new milk; knead it, mould it, pound it, roll it half an inch thick, cut it, and bake in a quick oven,—to do it well will require half an hour's kneading.

SODA BISCUIT.

Stir two tea-spoonfuls of cream of tartar and one of supercarbonate of soda, into one quart of flour, with a little salt; pour new milk upon it, enough to make a dough not very stiff; mould and knead it well, roll it out half an inch thick, cut it into biscuits, and bake in a quick oven fifteen minutes.

RUSK.

Stir together half a pint of brown sugar, and two table-spoonfuls of butter, until quite light; then stir in three eggs well beaten, one grated nutmeg, one tea-cup of good yeast, half a pint of warm milk, and flour enough to make a soft dough,—stir the whole well, cover it with a thick cloth, and let it stand to rise; when the dough is quite light, turn it upon the moulding-board, mould it, roll it out, cut it, let it stand half an hour, and bake in a moderate oven.

BUNS.

Buns are made as rusks, with the addition, to the above receipt, of a quarter of a pound of Zante currants, and a few drops of essence of lemon.

2. *Another mode*:—Rub one pound of butter into one pound of sugar, until quite light; add one quart of milk,

half a pint of yeast, and flour enough to make a soft dough; let it rise until very light; mould it, roll it, cut it, and bake in a quick oven twenty minutes.

CRUMPETS.

Make the dough as for muffins; when light, mould it in flour enough to make it into small balls, lay them on a tin sheet, let them rise half an hour, and bake.

2. *Another mode*:—Mix three eggs, beat to a froth, with a pound of dough prepared for wheat bread; add two spoonfuls of warm milk; beat the whole well together, let it rise, and bake on a griddle in muffin rings; they should be browned on both sides.

MUFFINS.

Dissolve one ounce of butter in a pint of milk, add a little yeast and two eggs well beaten, and stir in flour enough to make a stiff batter; let it rise, and, when quite light, add a little salt; bake in rings on a hot griddle, filling the rings half full with the batter.

2. *Another mode*:—With one quart of flour mix two teaspoonfuls of cream of tartar, one of supercarbonate of soda, one of salt, and two eggs beat light; stir in a pint or more of milk, making the batter a little thicker than for common griddle cakes; bake on a hot griddle in buttered rings.

3. *Another mode*:—Add a tea-cup of yeast and a teaspoonful of salt to one quart of flour; wet with warm milk, enough to make a stiff batter; when light, bake on a hot griddle in buttered rings.

PUFFS. (COLLEGE.)

Stir into a pint of cream five eggs well beaten, two tablespoonfuls of flour, a little nutmeg, a little salt, and the grated peel of one lemon; fill small cups, previously buttered, half full with this batter, and bake thirty minutes.

NO. 1. WHEAT WAFFLES.

Dissolve an ounce of butter in a pint of milk; stir in one quart of flour with a little salt and three eggs well-beaten; stir the whole five minutes, and bake in waffle irons over a quick fire. The irons should be well heated on both sides, and buttered before the batter is put into them.

NO. 2. WHEAT WAFFLES.

Mix six eggs well beaten and six table-spoonfuls of flour; stir them well, then add good cream until you make a batter almost as thin as cream, add salt, and a bit of soda about the size of a pea. Bake as above.

RICE WAFFLES.

Boil two tea-cups of rice until quite tender; mash the rice, and mix with it an equal quantity of wheat flour; stir well, then add two eggs well beaten, a little salt, and milk enough to make a thick batter,—bake on waffle irons. The batter may be baked in small cakes on a griddle, and is quite as good, but the waffles look more ornamental.

NO. 1. WHEAT WAFERS.

Dissolve two ounces of butter in a pint of milk, and put into it six eggs beaten with two table-spoonfuls of fine sugar, add flour enough to make a thin batter, heat the wafer-irons, and bake the batter immediately; do not brown them, roll them while hot, or you may serve them flat if you prefer.

NO. 2. WAFERS.

Beat together, till quite light, three eggs and one tea-cup of white sugar, add one tea-cup of cream, a little mace, a little cinnamon, a little citron, cut in fine slips, a little rose brandy, a little salt, and flour enough to make a moderately stiff batter, bake in waffle irons, and roll them while hot.

RICE WAFERS.

Into a pint of boiling milk stir sufficient rice flour to make a stiff batter,—then add two ounces of butter, two eggs well beaten, a tea-spoonful of salt, and a glass of wine; stir well together, and bake in wafer-irons, previously heated.

Or you may mould the batter into dough with rice flour, cut into biscuits, and bake on buttered tins in a quick oven.

BUCKWHEAT CAKES.

One quart of buckwheat flour, one tea-spoonful of salt, half a tea-cup of yeast, and water enough to make a thin batter; beat it well, and set it away over night to rise,—bake on a hot griddle.

2. *Another mode*:—Boil three table-spoonfuls of Indian meal in one quart of water, for five minutes; remove it from the fire, pour in cold water enough to reduce it to a blood-heat, add one tea-spoonful of salt, a little yeast, and buck-wheat flour enough to make a thin batter; set it away over night to rise,—bake on a hot griddle.

CORN MEAL GRIDDLE CAKES.

Dissolve two ounces of butter in one pint of hot milk; add one tea-spoonful of salt, four eggs well-beaten, and corn-meal enough to make a thin batter, stir it well, and bake on a hot griddle.

FLANNEL CAKES.

Dissolve two ounces of butter in one quart of milk; add one tea-spoonful of salt, four eggs well-beaten, half a tea-cup of yeast, and flour enough to make a stiff batter; let it rise over night,—bake on a hot griddle.

RYE DROP CAKES.

One pint of warm milk, with half a tea-spoonful of soda dissolved in it, a little salt, four eggs well beaten, and rye flour enough to make a thin batter; bake in small cups, buttered, and in a hot oven, or in small cakes upon a hot griddle.

WHEAT DROP CAKES.

One pint of cream, six eggs well beaten, a little salt, and wheat flour enough to make a thin batter; bake in little cups, buttered, and in a hot oven fifteen minutes:

WHEAT GRIDDLE CAKES.

Wheat griddle cakes are made as wheat waffles, and baked on a hot griddle, browning them on both sides. They are also made as soda biscuit, adding milk enough to make a soft batter.

YORKSHIRE CAKES.

Stir well together three pounds of wheat flour, four eggs well beaten, four spoonfuls of yeast, and three and a half pints of warm milk; let the batter stand to rise; then form it into cakes on the moulding-board, put the cakes upon baking-tins; let them stand half an hour to rise, and bake in a slow oven.

In summer use water with three ounces of butter, instead of milk.

SWEET POTATO BREAD.

Rub to a cream, one pound of sugar and half a pound of butter, add eight eggs well beaten, half a pound of sweet potatoes, boiled and mashed, or rubbed through a colander, half a pint of milk, a tea-spoonful of salt, and one quart of corn meal,—bake one and a half hours.

SOUTHERN CORN BREAD.

Dissolve one table-spoonful of butter in half a pint of milk, and half a pint of molasses, add two eggs well beaten, one table-spoonful of powdered ginger, and one pint of corn meal, beat all well together and bake in a buttered pan.

ESPETONGA CORN BREAD.

Rub three boiled sweet potatoes through a colander, and add a table-spoonful of butter, one tea-spoonful of salt and one egg, beat all well together, when well mixed add three gills of corn flour and three gills of milk, bake in a deep buttered dish, or you may bake it in a skillet over the fire, with a heated cover over it.

OWENDAN CORN BREAD.

Into two cups of hot hominy stir one table-spoonful of butter, and one tea-spoonful of salt, then add one pint of milk, four eggs well beaten, and half a pint of corn meal, the batter should be the thickness of boiled custard, if too thick, add a little more milk,—bake in a deep buttered pan.

CHAPTER XV.

PUDDINGS.

GENERAL OBSERVATIONS.

All the materials of which PUDDINGS are composed should be of the best quality.

In making all *batter puddings*, (puddings made with flour and eggs,) the eggs should be thoroughly mixed with the flour before any other ingredients are added. Much of your success in making this kind of puddings, depends upon a strict observance of this rule; for, although your materials are good, if the eggs are put into the milk before they are mixed with the flour, there will be a custard at the top and a soft dough at the bottom of your dish.

In making *custard puddings*, (puddings made with eggs and milk,) the eggs and sugar should be thoroughly beaten together, before any of the milk or seasoning is added.

In making puddings of bread, rice, sago, tapioca, &c. &c., the eggs should be beaten very light and mixed with a portion of the milk, before adding them to the other ingredients. If the eggs are mixed with the milk, without having been thus beaten, the milk will be absorbed by the bread, rice, sago, tapioca, &c., without rendering them light.

When you boil a pudding, put a plate in the bottom of the pot, in order to prevent the pudding from adhering to the pot; and always have at hand a tea-kettle of boiling water, in order to replenish the pot as the water in it wastes away. Never put a pudding into the pot, until the water begins to boil rapidly; and, after the pudding is in, never allow the water to stop boiling for a moment until the pudding is taken out.

The bag or cloth, in which a pudding is to be boiled, must always be scalded and well dredged with flour just before the pudding is put into it. When the pudding is to be taken out of the cloth, dip it, for a moment, in cold water, and the cloth will not adhere to it.

APPLE PUDDING, BAKED.

Rub together a quarter of a pound of butter and a quarter of a pound of sugar, until quite light; add five eggs well beaten, and one lemon grated, peel and grate twelve large apples, and put into the mixture; stir all well together, and put into a pudding-dish, lined with short crust; bake thirty minutes, serve with apple-cream.

NO. 1. APPLE PUDDING, BOILED.

To one pound of flour add half a pound of beef-suet, chopped very fine, a tea-spoonful of salt, one egg well beaten, and water enough to make a stiff paste; mould and knead the paste until it becomes elastic under your hand, roll it out to the thickness that you desire, spread it upon a cloth that has been dipped in boiling water and well-floured, put into it your apples nicely pared and quartered, tie it up tightly, and put it into a pot in which the water is boiling rapidly. As soon as the water resumes boiling, after the pudding has been put in, turn the pudding in the pot in order that all the crust may be scalded before it has time to melt. The water must not stop boiling until the pudding is done, which will be in an hour and a half.

If you prefer to boil the pudding in a pan, you should grease the pan before putting the pudding in, and also butter the cloth which you tie over it. It requires twenty minutes more to boil in a pan than to boil in a cloth. Serve with sweet sauce, or cold lemon sauce.

NO. 2. APPLE PUDDING, BOILED.

Make the crust of one half a pound of butter, or shortening and two eggs with one quart of flour; rub the butter into the flour, beat the eggs light, and mix with water enough to make a stiff paste; work the paste upon the moulding-board, roll it out and cut it into pieces of convenient size; put one apple pared and cored into each piece of paste, tie each in a cloth prepared as above, and boil one hour.

APPLE AND RICE PUDDING.

Wash a pound of rice, and boil it ten minutes in plenty of water; drain it well, divide it into twelve parts, put each part in a cloth, with a pared apple in the centre, and boil one hour. Serve with rice cream.

APPLE AND SAGO PUDDING.

Pour one pint of boiling water upon six table-spoonfuls of sago, which has been washed in cold water; cover it, and let stand until lukewarm; then stir it well, and cover it again, pare and core eight apples, fill the cores with sugar and a little cinnamon or mace, put them into a pudding-dish, stir the sago well and pour it over them; if the dish is not full, fill it with milk,—bake two hours,—serve with sugar and cream.

NO. 1. ARROW-ROOT PUDDING.

Boil one quart of milk, and make it into a thick batter with arrow-root; add six eggs, half a pound of butter, half a pound of pulverized sugar, half a nutmeg, and a little grated lemon-peel; put a puff paste into the dish and bake nicely; when done, sift sugar over it, and stick slips of citron into the top.

NO. 2. ARROW-ROOT PUDDING.

Boil one quart of new milk, seasoned with cinnamon; while boiling, stir in four table-spoonfuls of arrow-root and a small bit of butter; let it stand to get cool; add two eggs and a little salt, bake in a deep dish thirty minutes,—serve with almond cream.

ALMOND PUDDING.

Pound finely a quarter of a pound of blanched sweet almonds and three or four bitter almonds; add a table-spoonful of rose-water while pounding; stir together a quarter of a pound of butter and a quarter of a pound of sugar, until it resembles cream, and add eight eggs well beaten; stir the almonds into the butter, sugar, and eggs, add gradually one quart of milk,—bake half an hour in a pudding-dish, lined with short paste.

BATTER PUDDING, BAKED.

Stir six eggs into twelve table-spoonfuls of flour; until the flour is moistened; add a little salt, stir in gradually one quart of new milk, pour into buttered pudding-dishes, and bake twenty minutes in a quick oven,—serve with cold lemon sauce.

This pudding should be eaten as soon as baked, as it falls and looks badly soon after being exposed to the air. It may be made and baked after the meats have been sent to the table.

BATTER PUDDING, BOILED.

That may be made like the above with the addition of two more spoonfuls of flour; boil one hour in a cloth, prepared as directed for Boiled Apple Pudding,—serve with wine sauce.

BARLEY PUDDING.

Steep, in warm water, one quarter of a pound of pearl barley until swollen; then pour off the water and add four eggs well-beaten with two table-spoonfuls of sugar, one and a half pints of cream, a tea-spoonful of salt, a little nutmeg, and, if you like, half a pound of currants or raisins; bake one hour in a buttered pudding-dish,—serve with wine sauce, or rice cream.

BEDFORD PUDDING.

Pour one quart of boiling milk upon four table-spoonfuls of Indian meal; add four table-spoonfuls of wheat flour, half a tea-cup of molasses, a tea-spoonful of salt, and one egg well beaten; stir all well together and bake in a buttered dish three hours; serve with sugar syrup or apple cream.

NO. 1. BERRY PUDDING.

Prepare a paste as for Boiled Apple Pudding; roll it half an inch thick, spread it all over with berries—blackberries, currants, or whortleberries. Sprinkle on a large table-spoonful of sugar, dredge on a little flour, roll it up as tight as you can, beginning at the edge and turning it over and over, until it is one long roll; prepare a cloth as for Boiled Apple Pudding, roll it in the cloth, and boil three hours; serve with sweet sauce.

NO. 2. BERRY PUDDING.

To one quart of flour add three eggs well beaten, a tea-spoonful of salt, and new milk enough to make a stiff batter; sprinkle a quart of blackberries with flour and pour them into the batter; boil two hours in a cloth prepared as above, turning three or four times in the pot while boiling; serve with sweet sauce.

NO. 3. BERRY PUDDING.

Prepare bread as for Baked Bread Pudding, below; add four eggs well beaten, a tea-spoonful of mace, a little salt,

and a quart of blackberries; bake one and a half hours in a deep dish, well buttered; serve with sweet sauce.

Whortleberry Pudding may be made in the same manner as the two preceding.

BREAD PUDDING, BAKED.

Upon one pound of bread crumbs pour one quart of boiling milk, and let it stand until cool; then mash it fine with a spoon; add one table-spoonful of powdered cinnamon, one tea-cup of sugar, one table-spoonful of butter, a little salt, and, if you like, currants or raisins; bake forty-five minutes in a buttered dish,—serve with wine sauce.

BREAD PUDDING, BOILED.

Prepare bread as directed above; add four eggs well-beaten, half a tea-cup of molasses, half a pound of suet, chopped fine, half a pound of raisins, half a pound of Zante currants; boil two hours in a cloth that has been dipped in scalding water and floured, turning three or four times in a pot while boiling,—serve with lemon sauce.

Brown Bread Puddings are made as above.

BREAD AND BUTTER PUDDINGS.

Cut a stale loaf of bread into slices a quarter of an inch thick, and spread them well with butter; place a layer of the slices in the bottom of a buttered pudding-dish, then a layer of raisins, stoned and chopped, then a layer of bread and butter, and a layer of currants, then a layer of bread and butter, and a layer of citron in fine slips, and, lastly, a layer of the bread and butter; make a custard of six eggs well-beaten, with six table-spoonfuls of sugar and one quart of milk; pour it over the layers in the pudding-dish; grate a little nutmeg over the top, and bake one hour in a moderate oven,—serve with wine sauce.

BIRD'S-NEST PUDDING.

Pare and core as many pippins as will stand around the inside of your pudding-dish; fill the holes whence the cores were extracted with sugar and a little cinnamon, or mace; make a custard with eight eggs, one quarter of a pound of sugar, and one quart of milk; pour it over the apples, grate a little nutmeg upon top, and bake one hour.

BUN PUDDING.

Cut twelve buns in halves, and put them into a buttered pudding-dish; make a custard with four eggs, one quarter of a pound of sugar, and a quart of milk; pour it over the buns, grate nutmeg on top, and bake half an hour; serve with lemon sauce.

CARROT PUDDING.

Grate one pound of raw carrot finely, add the yolks of four eggs, one half pound of bread crumbs soaked in milk, a little salt, and half a pint of cream; mix all well together, and bake one hour; serve with sweet sauce.

CHERRY PUDDING.

Into ten table-spoonfuls of flour, break six eggs, with a large tea-spoonful of salt; stir the egg and flour together until the whole is moistened with the egg, and no lumps remain; then add gradually one pint of rich milk. Have ready one quart of ripe cherries, stoned, and well dredged with flour, and when you have stirred the other ingredients quite smooth, put in the cherries, stirring them lightly; pour the whole into a pudding cloth, previously scalded and dredged with flour, tie it up firmly, and put it into a pot of boiling water, with a plate at the bottom of the pot; let it boil hard one hour; serve with sweet sauce.

NO. 1. COCOA-NUT PUDDING.

Pare off the brown rind of the cocoa-nut; grate the white fine, and to one pound of grated cocoa-nut add one pint of rich milk, with the milk of the nut; put it into a stew-pan, and boil five minutes; then take it from the fire, and let it stand until cool. In the mean time, beat one half a pound of butter and one half a pound of fine sugar to a cream, add six eggs well beaten, one glass of wine, one lemon grated, two table-spoonfuls of fine pounded cracker, one nutmeg, and stir all well together; then pour into this the cocoa-nut mixture from the stew-pan; beat the whole three or four minutes, and bake in plates lined with puff paste.

NO. 2. COCOA-NUT PUDDING.

Prepare the cocoa-nut as above; add four eggs well beaten, four table-spoonfuls of fine sugar, two of cracker crumbs,

one of butter, one tea-spoonful of mace, one of cinnamon, and one glass of brandy; bake in plates lined with puff paste.

NO. 1. CORN PUDDING.

Take two ears of green sweet corn, split the kernels lengthwise off the ear; then scrape the corn from the cob, leaving the hulls upon the cob; mix with three quarts of milk, add four eggs well beaten, two table-spoonfuls of sugar, and a little salt; bake three hours; eat hot with butter.

NO. 2. CORN PUDDING.

To one and a half tea-cups of green sweet corn grated, add one quart of milk, four eggs well beaten, half a tea-cup of melted butter, a tea-spoonful of salt, and a little nutmeg; bake one hour; serve with wine sauce.

CABINET PUDDING.

Stone half a pound of raisins, cut them in halves, and place them upon the bottom and sides of a buttered mould or pan; lay slices of stale bread carefully around the sides and upon the bottom of the mould or pan; beat eight eggs very light with two table-spoonfuls of fine sugar, a little salt, and a tea-spoonful of peach water, add one tea-cup of cream, and one of milk, and with this liquor fill the space in the middle of the mould; place the mould in a kettle of boiling water, cover it tight so that no steam can escape, and let it boil two hours. Slip the pudding from the mould upon the dish in which you intend to serve it, but not until it has stood some fifteen minutes; if you slip it out immediately, it will break in pieces; serve with wine sauce.

CHANCELLOR'S PUDDING.

Chancellor's pudding is made as above, substituting Naples biscuit for bread; serve with lemon sauce.

CHRISTMAS PUDDING.

Crumble finely a quarter of a pound of Naples biscuit, ditto of buns, ditto of stale sponge cake, ditto of fruit cake, ditto of composition cake, and pour a quart of boiling milk upon them; then add a tea-spoonful of boiling water, a table-spoonful of flour, a little salt, and a glass of wine or brandy; pour the whole into a buttered dish, sift a little sugar over the top, and bake in a moderate oven one and a half hours; serve hot with lemon sauce, though it is very palatable when cold.

NO. 1. CHARLOTTE PUDDING.

Butter the inside of a deep dish, spread nice brown sugar upon the bottom, and grate nutmeg over the sugar; upon this put a thin layer of bread and butter, then a layer of ripe apples that are acid and juicy, then a thin layer of nice brown sugar, with spice; then additional layers of bread and butter, apples, &c., until the dish is filled; cover with thin slices of bread, and bake in a moderate oven three-quarters of an hour.

NO. 2. CHARLOTTE PUDDING.

Butter the interior of a plain round mould; cut twelve pieces of bread of the size and thickness of half a dollar, dip them in clarified butter; and lay them in a circle around the bottom of the mould; cut eight pieces in the shape of diamonds, dip them in the butter, and with them form a star in the centre of the circle; cover the whole with a thin piece of bread of the size of the bottom of the mould; now cut some thirty pieces of bread an inch wide and four inches long, dip one after the other in clarified butter, and stand them upright, one half way over the other all around the interior of the mould; then well egg and bread-crumbs the interior.

Peel and cut in slices two dozen or more russet apples, put them in a stew-pan with six ounces of butter, half a pound of white sugar, a little lemon peel cut in strips, and a glass of sherry; place them over a sharp fire, tossing over occasionally, but keeping them in a cake; when quite tender, fill the mould with the apple stew, place a round piece of bread, egged and crumbed, over it, stand the mould in a hot oven until the bread is well browned, take it out, turn it over upon a dish, pour over it a few spoonfuls of hot currant jelly, melted over the fire in a glass of sherry, sugar and salamander the top, and serve.

NO. 1. COTTAGE PUDDING.

Melt half a pound of butter in a quart of boiling milk, pour it upon half a pound of bread crumbs, half a pound of sugar, and half a pound of currants mixed; let stand until nearly cold, then add a table-spoonful of rose water, six eggs well beaten, and half a nutmeg; bake, in buttered dish, half an hour.

NO. 2. COTTAGE PUDDING.

Cover the bottom of a deep dish with buttered bread; put upon the bread a thick layer of currants, and upon the currants a thick layer of sugar, grate over it a little nutmeg; repeat the layers of buttered bread, currants, sugar, &c., until the dish is filled; finishing at the top with a thin layer of buttered bread; bake half an hour, or more, if the currants are not well cooked, and serve with sweetened cream.

Instead of currants may be used stoned plums and cherries, ripe raspberries, blackberries, barberries or gooseberries; but the gooseberries should be previously scalded. Ripe fresh apples may be also used, and a tea-cupful of rich cream added to the pudding before putting it into the oven, will improve its richness.

NO. 1. CRACKER PUDDING.

Beat to a cream eight eggs and two table-spoonfuls of fine sugar; then add ten table-spoonfuls of finely powdered cracker, two of melted butter, half a nutmeg, a little salt, and one quart of milk; bake, in a buttered dish, one hour.

NO. 2. CRACKER PUDDING.

Pour one quart of boiling milk upon eight table-spoonfuls of pounded cracker; let it stand until cool; then add two eggs well beaten, two table-spoonfuls of fine sugar, one of butter, one glass of wine or brandy, half a nutmeg, a little salt, and grated lemon peel; bake in a buttered dish one hour; serve with lemon sauce.

CURD PUDDING.

Pour half a pint of wine into two quarts of boiling milk; when the curd is set, turn off the whey; stir together half a pound of fine sugar and a quarter of a pound of butter until quite light, add six eggs well beaten, and half a nutmeg; pour in the curd, beat all well together, bake in small patty pans, and serve with wine sauce.

NO. 1. CUSTARD PUDDING.

Beat six eggs with six table-spoonfuls of fine sugar, a little salt, and half a nutmeg; add one quart of milk gradually to the egg and sugar, and stir until ready to bake; bake, if in one pudding-dish, forty-five minutes; if in little cups, half an hour.

NO. 2. CUSTARD PUDDING.

Beat the yolks of ten eggs with six spoonfuls of fine sugar, and beat the whites to a stiff froth; turn the whites thus beaten into three pints of boiling milk, let them seald through; remove them from the milk to a clean sieve; pour the beaten yolks and sugar into the same milk, adding a little salt, remove the milk from the fire, add two tea-spoonfuls of rose-water; beat it six minufes, turn it into little cups, put a table-spoonful of the whites in the top of each cup, and serve; you may ornament the whites on the cup by placing a bit of sweetmeat or jelly in the middle of it.

NO. 3. CUSTARD PUDDING.

Pour one quart of milk in a deep pan, and let the pan stand in a kettle of boiling water; while you beat to a cream eight eggs and six table-spoonfuls of fine sugar; then stir the eggs and sugar into the milk, and continue stirring until it begins to thicken; then remove the pan from the boiling water, scrape down the sides, stir to the bottom until it begins to cool, add a table-spoonful of peach-water, or any other flavor you may prefer, pour into little cups, and when cold, serve.

NO. 4. CUSTARD PUDDING.

Warm one quart of rich milk to a blood heat, stir into it one table-spoonful of rose water, two of fine sugar, and four of rennet wine; pour the whole into a dish for the table, let it stand for two hours in a cool place, and you will have a nice and delicate custard.

DARLING PUDDING.

Beat to a cream two table-spoonfuls of butter and two of sugar; then add two eggs well beaten, two table-spoonfuls of flour, two of milk, one of wine, a little salt, and a little nutmeg; pour into little cups well buttered, half filling the cups; bake fifteen minutes in a hot oven; serve with wine sauce.

DELICATE PUDDING.

Beat the whites of eight eggs to a stiff froth, sift in half a pound of pulverized white sugar, add a pint of rich cream, and half a pound of sifted flour; bake in a buttered dish, in a quick oven, fifteen minutes; serve hot, with or without sauce.

DERBYSHIRE PUDDING.

Line a pudding dish with short paste, and put in a layer of raspberry jam half an inch deep; then mix half a pound of butter and half a pound of sugar beaten to a cream, six eggs well beaten, quarter of a pound of blanched almonds pounded, two ounces of citron cut in slips; pour this mixture an inch deep upon the jam; bake in a moderate oven forty-five minutes.

Any kind of jam may be used for this pudding.

NO. 1. DUTCH PUDDING.

Beat to a cream two table-spoonfuls of fine sugar and half a pound of butter; add four eggs well beaten, a quart of flour, three gills of milk, two table-spoonfuls of lively yeast, and a little salt; beat all well together, and let stand in a warm place to rise; when quite light, stir in half a pound of Zante currants, pour into a buttered pudding-dish; bake in a moderate oven one and a half hours; when done, turn it upside down on your dish to serve; serve with lemon sauce.

NO. 2. DUTCH PUDDING.

Boil four ounces of rice in water until tender; then add half a pint of milk, and let stand until cold; beat to a cream two ounces of butter and three ounces of sugar, adding a little grated lemon, a little nutmeg, a little salt, and a teacup of cold milk; stir this into the cold rice and milk, pour into a buttered dish, bake half an hour in a quick oven.

DUMPLINGS BAKED.

Take a pound of dough made for raised biscuit, and cut it in pieces large enough to wrap around a teacup when rolled out; roll these pieces thin, and fill them with any fruits you prefer—as raisins and apples; or currants and quinces, or blackberries and whortleberries; dredge the fruit with flour, wet the edges of the dough and pinch them together; bake, on a tin sheet half an hour; serve with wine sauce.

NO. 1. DUMPLINGS BOILED.

Prepare the dough as above; mix the fruits so that all will cook alike; if you use raisins and currants, add a little citron and lemon; dredge the fruits with flour, and sprinkle

them with sugar, before fastening the dumpling; tie each dumpling in a cloth, and boil forty-five minutes.

NO. 2. DUMPLINGS BOILED.

Pare and boil eight potatoes, mash them while hot, and work in flour until a stiff paste is formed, adding butter and salt; roll out the paste, fill it with apples pared and cored, bind it in a cloth previously scalded and dredged with flour, and boil one hour.

DAUPHINES.

Line a pudding-dish with puff paste, and put into it a thin layer of sweetmeats or marmalade. Boil a pint of milk in a stew-pan, and when it boils, stir into it three eggs well beaten, two table-spoonfuls of fine sugar and one of sifted flour; keep stirring this over the fire until it thickens; add a little salt and a little vanilla; pour the whole mixture over the marmalade, and bake in a moderate oven until the paste is well cooked.

When cooked and cold, prepare a meringue mixture with five eggs; of which form a high pyramid upon the top of the baked dish, sift sugar over, and place the whole in a slow oven to dry; the meringue should be perfectly white when dry.

This dish may be cooked as tarts in little patties, and served in float dishes dressed on a napkin. It is very delicious and ornamental.

DARIOLES.

Line half a dozen small moulds or dishes with paste, (see p. 149,) then put one table-spoonful of flour in a basin with an egg, and beat it quite smooth; to which add three yolks of eggs, two table-spoonfuls of fine sugar, quarter of an ounce of candied orange peel, three large macaroons, (see Chapter xviii.) crushed, one egg, and two gills of good cream; mix all well together; put a small bit of butter in each of the moulds, fill them with the above preparation, and bake in a quick oven; when done, slip them out of the moulds, sift sugar over, and serve very hot; they will be as light and delicate as souffles.

EVE'S PUDDING.

Soak half a pound of stale bread in milk enough to moisten it, add half a pound of good beef suet chopped fine, half a

pound of chopped dried apples, half a pound of currants, five eggs well beaten, and the rind of a lemon grated; beat all well together, add a little salt, tie it firmly in a cloth previously scalded and dredged with flour; boil three hours; serve with sweet sauce; if the apples are sweet, serve with lemon sauce.

EGG PUDDING.

Beat nine eggs with nine table-spoonfuls of flour, add one quart of milk, and a little salt; tie in a cloth scalded and dredged with flour, and boil an hour and a half. The water must boil when the pudding is put in; serve with sweet sauce.

FRANCATELLI'S PUDDING.

Pour a pint of boiling milk over ten table-spoonfuls of bread or cracker crumbs; cover it closely ten minutes; then add two table-spoonfuls of butter, six of sugar, the yolks of four eggs, the rind of a lemon grated, a little lemon juice, and a little salt; beat the whole until very light; then add the whites of the eggs beaten to a froth; mix the batter well, pour it into a buttered pudding-dish, and bake forty-five minutes; serve with arrow-root sauce.

GENTEEL PUDDING.

Beat to a cream six eggs and six table-spoonfuls of fine white sugar; then add six ounces of bread or cracker crumbs, six apples pared, cored, and chopped finely, six ounces of Zante currants, salt and nutmeg to taste; boil two hours in a cloth previously scalded and dredged with flour; serve with sweet sauce, or wine sauce.

NO. 1. HASTY PUDDING.

Into a quart of boiling milk stir, until it thickens, one tea-cupful of wheat flour; then remove it from the fire, and stir into it an ounce of butter, a table-spoonful of sugar; a little salt and a little cinnamon; turn it into your pudding-dish, grate nutmeg over it, and serve hot.

NO. 2. HASTY PUDDING.

Into a kettle of boiling water, (say two quarts,) stir, gradually, Indian meal enough to make a thick paste; add a large table-spoonful of salt, and keep stirring until all the

meal is well scalded; then set the kettle on a corner of the fire, and let it simmer half an hour; serve with cream, or butter and molasses.

Cold hasty pudding is excellent, when cut in slices and fried brown on a griddle.

HENRIETTA PUDDING.

Stir six eggs into a pound of flour; add a pint of cream, a glass of brandy, half a nutmeg, and a little salt; mix all well together, pour into a buttered dish, and bake half an hour; serve with sweet sauce.

HOMINY PUDDING.

See Chapter XII., article *Hominy*.

HUNTER'S PUDDING.

Moisten one pound of flour with four eggs; add one pound of suet chopped fine, one pound of currants, one pound of raisins, stoned and cut in halves, one glass of brandy, one glass of wine, one glass of cream or milk, a table-spoonful of salt, and a table-spoonful of pepper; beat all well together, and boil eight hours in a cloth previously scalded and dredged with flour.

This pudding, if kept in the cloth in which it was boiled, wrapped in foolscap paper, and hung up in a dry place, will remain good six months; and will eat as well as when first cooked, by boiling half an hour before using.

NO. 1. INDIAN PUDDING.

Into one quart of boiling milk stir Indian meal enough to make a stiff batter; remove it from the fire, and add one table-spoonful of salt, half a pint of molasses, half a pound of suet chopped finely, a tea-cupful of cold cream; butter a deep dish, (a brown earthen dish is best;) mix the batter well and pour it in; bake in a moderate oven six hours. When the pudding is half done, stir in two table-spoonfuls of brown sugar, and one tea-cup of cold milk.

NO. 2. INDIAN PUDDING.

Into three pints of boiling milk stir seven table-spoonfuls of fine Indian meal, with half a pound of butter; stir well, let it cool, then add four eggs well beaten, and sugar and spices to suit; bake four hours in a brown earthen dish buttered.

NO. 3. INDIAN PUDDING.

Into a pint and a half of boiling milk stir Indian meal enough to make a thick batter, with a quarter of a pound of butter; when cool, add five eggs well beaten, a table-spoonful of ginger, and a tea-spoonful of salt; mix well, and bake four hours in a brown earthen dish buttered.

NO. 4. INDIAN PUDDING.

Into a pint and a half of cold milk stir a pint of Indian meal, two eggs well beaten, a quarter of a pound of melted butter, and a tea-spoonful of salt; mix well, and bake in a brown earthen dish buttered.

NO. 5. INDIAN PUDDING.

Into one quart of cold milk stir as much Indian meal as will make a thick batter, with one table-spoonful of melted butter, one of flour, and one of salt; mix well, and tie it firmly in a cloth, previously scalded, and dredged with flour; boil six hours.

NO. 6. INDIAN PUDDING.

Into one quart of boiling milk, stir as much Indian meal as will make a thick batter; add half a pound of beef suet, chopped finely, one pound of dried apples, chopped, a teacup of sugar, and a tea-spoonful of salt; mix well, and boil six hours in a cloth previously scalded, and dredged with flour.

INDIAN PUFFS.

Into one quart of boiling milk stir eight table-spoonfuls of Indian meal, four table-spoonfuls of powdered sugar, and a grated nutmeg; let the whole boil five minutes, stirring constantly, to prevent its adhering to the sauce-pan; then remove it from the fire, and when it has become cool stir into it six eggs, beaten as light as possible; mix well, and pour the mixture into buttered tea-cups, nearly filling them; bake in a moderate oven half an hour; serve with lemon sauce.

ITALIAN PUDDING.

Crumb finely a French roll, and pour upon the crumbs milk or cream enough to moisten them; add six eggs beaten to a cream, with six table-spoonfuls of fine sugar, one pound of beef suet chopped finely, six apples pared, cored, and

chopped, one pound of raisins stoned and cut in halves, half a pound of dates stoned and cut in halves, a few plums stoned, a little candied orange peel, and a tea-spoonful of salt; mix well, grate nutmeg over the top, and bake in a buttered dish one hour and a half. It should be baked a light brown; serve with lemon sauce.

NO. 1. LEMON PUDDING.

Beat to a cream eight large table-spoonfuls of fine white sugar, and two of butter; add six eggs well beaten, two spoonfuls of pounded cracker, and a pint of milk; beat all this well together; then add half a nutmeg, the grated rind of two lemons, with their juice; beat well again, and bake immediately in a dish lined with puff paste (No. 5;) bake thirty minutes; eat cold.

NO. 2. LEMON PUDDING.

Grate the rind of three lemons, and squeeze their juice upon it; beat to a cream three ounces of butter, and four of fine white sugar; add three eggs well beaten, three table-spoonfuls of Indian meal, a little salt, and a little nutmeg; beat the whole together; bake thirty minutes, in a dish lined with puff paste (No. 5;) eat cold.

NO. 3. LEMON PUDDING.

Beat to a cream three ounces of butter, and four of sugar; add six eggs well beaten, one glass of wine, one tea-spoonful of mace, one table-spoonful of flour, and a little salt; beat all well together; then stir in two large, or three small lemons, grated, and bake immediately in a dish lined with puff paste (No. 5;) bake thirty minutes; eat cold.

NO. 4. LEMON PUDDING.

Mix well together six grated apples, three grated lemons, and four grated crackers; then add half a pound of sugar, and a quarter of a pound of butter beaten to a cream, six eggs well beaten, a glass of brandy, a little mace, and a little salt; mix the whole well together, and bake in a dish lined with puff paste (No. 5;) bake forty minutes; eat cold.

NO. 5. LEMON PUDDING.

Beat to a cream half a pound of sugar, and a quarter of a pound of butter; add four eggs well beaten, half a pint of

milk that has been boiled and cooled, a little salt and nutmeg; and grate in the rinds of two lemons, with their juice; stir all well together, and bake thirty minutes in a dish lined with puff paste (No. 5;) eat cold.

MADLINE PUDDING.

Stir half a pound of flour into six ounces of sugar, a quarter of a pound of fresh butter melted, and a little orange-flower water; mix this well together, with five eggs well beaten; butter a cylinder mould, put this paste into it, and bake to a rich gold colour, in a moderate oven; heat four glasses of port wine, in a stew-pan, with a little sugar, a little cinnamon, and four cloves; mix a tea-spoonful of arrow-root with a glass of cold port wine, which stir into the other in the stew-pan; turn the madeline out upon your dish, pour the wine over, straining it through a sieve; when cold, fill the centre with half a pint of whipped cream, flavored with orange-flower water, and serve.

This paste may also be baked in several small moulds.

NO. 1. MARLBORO PUDDING.

Put into a dish lined with light paste one ounce of candied orange citron sliced, and one of candied lemon peel sliced; beat to a cream six ounces of butter, and six of sugar, add four eggs well beaten, one tea-cup of milk, and a little salt; pour this mixture over the sweetmeats in the dish, and bake in a moderate oven forty-five minutes; eat hot or cold.

NO. 2. MARLBORO PUDDING.

Beat to a cream half a pound of sugar, and two ounces of butter; add five eggs well beaten, one nutmeg grated, a pint of milk, and a little salt; mix these ingredients well together; then add to them three tea-cups of strained apple, the grated rind of one lemon, and the juice of two, previously mixed; pour into dishes lined with puff paste (No. 5,) and bake in a moderate oven forty-five minutes.

MERINGUE PUDDING.

Fill half full a deep dish with thin slices of almond sponge cake, or lady cake; sprinkle over the cake the grated rind and the juice of a lemon, with sufficient wine or brandy to moisten it; then beat very light four ounces of sugar, and six eggs, and stir them into milk sufficient to fill the dish,

with grated nutmeg sufficient to season it; set the dish into a moderate oven, and bake to a light brown. When done and cold, have ready a meringue, made of the whites of two eggs, beaten to a stiff froth, and half a pound of fine sugar stirred lightly into the whites; season it with a little lemon juice or rose-water, and spread it evenly over the top of the pudding until you have a very thick coat of the meringue; then brown it a few moments in the oven; serve cold.

MINUTE PUDDING.

Boil one quart of milk with an ounce of butter; when it begins to boil, stir in buckwheat flour enough to make it a thick paste; then add a tea-spoonful of salt, boil and stir one minute, and serve with wine sauce.

A minute pudding may be made as above, with wheat or rye flour; but it will require five minutes to boil, instead of one minute.

NEW MARKET PUDDING.

Beat, to a cream, five eggs and three table-spoonfuls of fine sugar, add one table-spoonful of peach water, a little lemon, and a little salt; mix well, and stir in a pint of new milk; pour the mixture into a deep pudding-dish, on the bottom of which you have put three slices of stale bread well buttered; bake half an hour.

NEWTON PUDDING.

Stir a quarter of a pound of flour into six eggs, dissolve a quarter of a pound of butter in one pint of boiling milk: pour it upon the eggs and flour, add a little salt and two grated lemons, stir well, and bake one hour in a moderate oven; serve with sugar.

NO. 1. ORANGE PUDDING.

Beat, to a cream, a quarter of a pound of butter and two ounces of white sugar, add six eggs well-beaten, one pint of cream, two large crackers pounded finely, six table-spoonfuls of wine, and a little mace; beat all well together, and grate in two large oranges; mix well, and bake in a dish lined with pudding-paste, (No. 8.)

NO. 2. ORANGE PUDDING.

Beat, until quite light, six table-spoonfuls of fine white sugar and the yolks of six eggs; then add the grated rind of

two oranges, and the juice of three, a tea-spoonful of nutmeg, a little salt, half a pint of cream; mix this well together; beat the whites of six eggs to a stiff froth, and stir them lightly into the mixture; pour into a dish lined with puff-paste, sift sugar over the top, and bake half an hour in a quick oven.

OXFORD PUDDING.

Beat, until quite light, one table-spoonful of sugar and the yolks of three eggs; add one quarter of a pound of beef-suet, chopped finely, quarter of a pound of currants, quarter of a pound of flour, a little nutmeg, and a little salt; mix the batter well, and make it into balls of the size of an egg; roll the balls in cracker crumbs, and fry to a light brown; serve with wine sauce.

PINE APPLE PUDDING.

Beat, to a cream, fourteen ounces of butter and ten of sugar; stir in ten eggs well-beaten, one large pine-apple grated, and make to your taste; bake in a buttered dish.

NO. 1. PLUM PUDDING.

Beat, until very light, one half pound of sugar and eight eggs, then add one pint of rich milk, one pint of West India molasses, and one nutmeg; into this preparation stir one pound of good flour, until very light, then add one pound of beef suet, finely minced and salted, one pound of raisins, stoned and dredged with flour, one pound of Zante currants, washed and dredged with flour, and half a pound of citron, cut in slips and dredged with flour; stir the whole until thoroughly mixed; pour it into a cloth, previously scalded and dredged with flour, tie the cloth firmly, leaving room for the pudding to swell, and boil six hours. When the pudding has been in the pot fifteen minutes, turn it over to prevent the fruit from settling upon one side. Serve with wine sauce.

NO. 2. PLUM PUDDING.

Soak one pound of stale bread in a pint of hot milk, and let it stand and cool. When cold add to it one pound of sugar and the yolks of eight eggs beaten to a cream, one pound of raisins, stoned and floured, one pound of Zante currants, washed and floured, one pound of beef suet, chopped

finely and salted, one glass of wine, one glass of brandy, one nutmeg, and a table-spoonful of mace, cinnamon, and cloves mixed; beat the whole well together, and, as the last thing, add the whites of eight eggs, beaten to a stiff froth, pour into a cloth, previously scalded and dredged with flour, tie the cloth firmly, leaving room for the pudding to sweat, and boil six hours, treating it and serving it as Plum Pudding, No. 1.

NO. 3. PLUM PUDDING.

Beat, until very light, one pound of sugar and eleven eggs,—to this add half a pint of rich milk, one nutmeg, and half an ounce of mace; into this preparation stir one pound of flour; then add one pound of beef suet, chopped finely and salted, one pound of raisins, stoned, and dredged with flour, one pound of Zante currants, washed, and dredged with flour, half a pound of citron, chopped finely, and half a pint of brandy; stir the whole until thoroughly mixed, let it stand some time, and boil four hours; boil it, treat it, and serve it, as Plum Pudding, No. 1.

Minced apples may be added, with other fruits, to plum puddings.

NO. 4. PLUM PUDDING.

Stir, until quite light, three quarters of a pound of good brown sugar with four eggs; add one pound and a quarter of beef suet, minced, three gills of milk, half a pound of flour, the grated rind of two lemons, one nutmeg, grated, one tea-spoonful of cloves, one of cinnamon, and one of salt; then dredge with flour, and stir into this mixture half a pound of citron, cut in strips, three quarters of a pound of stoned raisins, and one pound of currants, add two glasses of brandy, stir the whole ten minutes, butter a pudding-dish; pour in, and bake four hours in a moderate oven; serve with German Custard Sauce.

This pudding is very good when boiled in a cloth or mould; it requires four hours to boil, and is sometimes eaten cold.

PLUM PUDDING, WITHOUT MILK OR EGGS.

Grate half a pound of boiled carrots, to which add half a pound of suet, chopped finely, half a pound of sugar, a quarter of a pound of fine flour, half a pound of currants, and a

tea-spoonful of salt,—mix all well together, tie in a cloth, and boil four hours.

If you wish it richer, add a quarter of a pound of citron, a quarter of a pound of raisins, picked and stoned, a little mace, six cloves powdered, and a pinch of cinnamon; serve with wine sauce.

NO. 1. POTATO PUDDING.

Rub one pound of boiled white potatoes through a colander, add three eggs, beaten light, with one table-spoonful of sugar, half a pint of milk, two ounces of currants, a little nutmeg, a little salt,—mix well, and bake in a buttered dish three quarters of an hour; serve with wine sauce.

NO. 2. POTATO PUDDING.

Mash finely one pound of boiled white potatoes, add half a pint of milk, one ounce of flour, one ounce of butter, one egg well beaten, a little salt, mix well, and bake in a buttered dish half an hour; serve with sugar and butter.

NO. 3. POTATO PUDDING.

To one pint of sweet potatoes, boiled and mashed, add one tea-cup of sugar or molasses, three eggs well beaten, one orange grated, one pint of milk, and a little salt; mix well, and bake half an hour in a dish lined with light paste.

NO. 4. POTATO PUDDING.

To one pint of raw sweet potatoes, grated, add three eggs, a tea-cup of sugar, a pint of rich cream, a tea-spoonful of ginger, a little cinnamon, one orange grated, a little salt; beat all well together, and bake one hour in a deep dish, buttered.

PORTUGAL PUDDING.

Work to a cream, three ounces of butter and four of sugar, then add two whole eggs and three yolks well-beaten, a little salt, and a little nutmeg; stir four table-spoonfuls of rice flour into a pint of boiling milk, when well stirred in, pour it upon the other preparation, mix well, and bake in a buttered dish forty-five minutes. Serve with raspberry or apricot jam, or with wine or lemon sauce.

PURF PUDDING.

Beat together six eggs and six table-spoonfuls of flour,

stir four ounces of butter smooth with milk, and add it to the eggs and flour, with a little salt, pour into buttered cups, filling the cups half full, and bake ten or fifteen minutes,—turn them out of the cups whole, and serve with wine sauce.

RAISIN PUDDING.

Beat, until very light, six eggs and six table-spoonfuls of sugar, grate in one nutmeg and one large lemon, mix well together, and stir in a pint of rich milk; dredge six table-spoonfuls of flour into a pound of large raisins, stoned and cut in halves, add them to the mixture, with a pound of beef suet, minced finely, and a little salt; beat all well together, and boil in a cloth previously scalded, and dredged with flour, leave room in the cloth for the pudding to swell; boil four hours; serve with wine sauce or sweetened cream.

RASPBERRY PUDDING.

Beat, until very light, six eggs with a quarter of a pound of fine sugar; mix a quarter of a pound of sugar with a quart of ripe raspberries, and add to the eggs and sugar, with a pint of cream and four spoonfuls of sifted flour, mix gently, grate nutmeg over the top, bake in a moderate oven half an hour, serve cold.

Similar puddings may be made with currants, adding a larger quantity of sugar.

NO. 1. RICE FLOUR PUDDING.

Into one pint of boiling milk stir five table-spoonfuls of rice flour, remove the milk from the fire, and stir into it four table-spoonfuls of fine white sugar, one quarter of a pound of good butter, six eggs well beaten, a little nutmeg, and, lastly, one pint of rich cold milk or cream; pour this mixture into a buttered dish, and bake one hour in a moderate oven. This pudding is very good eating when cold.

NO. 2. RICE FLOUR PUDDING.

Into one quart of boiling milk stir one tea-cup of rice flour, remove the milk from the fire, and add one ounce of butter, four table-spoonfuls of fine white sugar, one table-spoonful of orange-flower water, one tea-spoonful of nutmeg, a little salt, a quarter of a pound of blanched and powdered almonds, and a glass of wine; bake in a buttered dish half an hour.

NO. 3. RICE FLOUR PUDDING.

Into one quart of boiling milk stir one tea-cup of rice flour, one table-spoonful of butter, and a little salt; then let the milk cool, and when cold, add four eggs well beaten, four table-spoonfuls of fine white sugar, and half a tea-cup of cold milk or cream; pour the mixture into a buttered dish, grate nutmeg over the top, and bake forty-five minutes, in a moderate oven.

NO. 4. RICE FLOUR PUDDING.

Into one quart of boiling milk, stir six table-spoonfuls of rice flour, eight of fine white sugar, three of butter, and a little salt; let this mixture stand until cold, and when cool stir one grated lemon with the juice, six eggs well beaten, one table-spoonful of rose-water, and one of cream; when all is well mixed, pour it into a buttered dish, and bake in a moderate oven forty minutes; serve immediately.

NO. 1. RICE PUDDING.

Wash six ounces of rice, and parboil it in water five minutes; then add one quart of milk, ten ounces of sugar, four ounces of butter, and a little salt; let the whole simmer over a slow fire until the rice has become quite tender; then add the grated rind of two lemons, and the juice of one; stir the whole well, and remove it from the fire; then stir in the yolks of ten eggs well beaten, and a tea-cup of cold cream, and when these are well mixed, add the whites of ten eggs, well beaten; pour the whole into a buttered dish, and bake half an hour in a moderate oven; serve immediately.

NO. 2. RICE PUDDING.

Wash two tea-cups of rice, and put it into a baking-dish well buttered; add one tea-spoonful of salt, two table-spoonfuls of sugar, a little nutmeg, and two quarts of milk; bake in a moderate oven two hours. This a very cheap, and an excellent dish.

NO. 3. RICE PUDDING.

Wash one tea-cup of rice, and boil it in two tea-cups of water; then add, while the rice is hot, one table-spoonful of butter, four table-spoonfuls of fine white sugar, four eggs

well beaten, a little nutmeg, and one quart of milk; bake in a moderate oven half an hour.

NO. 4. RICE PUDDING.

Wash one tea-cup of rice, and boil it in two tea-cups of water; then add, while the rice is hot, three table-spoonfuls of butter, five table-spoonfuls of sugar, five eggs well beaten, one table-spoonful of powdered nutmeg, a little salt, one glass of wine, a quarter of a pound of raisins, stoned and cut in halves, a quarter of a pound of Zante currants, a quarter of a pound of citron cut in slips, and one quart of cream; mix well, pour into a buttered dish, and bake an hour in a moderate oven.

NO. 5. RICE PUDDING.

Wash two tea-cups of rice, and boil it in one tea-cup of water, and one of milk, with a little salt; if the rice is not tender when the milk and water are absorbed, add a little more milk and water; when the rice is tender, form it into balls, or mould it into a compact form with little cups, place these rice balls around the inside of a deep dish, fill the dish with a rich soft custard, and serve either cold or hot.

NO. 6. RICE PUDDING.

Wash two tea-cups of rice, add a little salt and spice, and tie it in a cloth, leaving room in the cloth for the rice to swell to twice its natural size; boil half an hour, in plenty of water; serve with molasses, or butter and sugar.

NO. 7. RICE PUDDING.

Wash two tea-cups of rice, and soak it in water for half an hour, then turn off the water, and mix the rice with half a pound of raisins stoned and cut in halves; add a little salt, tie the whole in a cloth, leaving room for the rice to swell to twice its natural size, and boil two hours in plenty of water; serve with wine sauce.

RICE AND APPLE PUDDING.

Wash two tea-cups of rice, and spread it on your pudding cloth, with a tea-spoonful of salt; lay a dozen apples, pared, cored, and quartered, upon the rice; tie the cloth up, and boil one hour; serve with sweet sauce, or lemon cream.

NO. 1. RICE CROQUETS.

Wash half a pound of rice, and put it into a stew-pan and over the fire, with a pint and a half of milk and a quarter of a pound of butter, stir until it boils, then place it over a slow fire, cover the stew-pan, and let it simmer slowly until quite tender; when tender, add to it a quarter of a pound of fine white sugar, the grated rind of a lemon, and the yolks, well-beaten, of eight eggs; stir the whole over the fire until the eggs thicken, but do not let it boil; then turn it out upon a dish, and, when it has become cold, mould it into small balls, or into any fanciful forms; dip each of the balls into egg and then into bread crumbs, until all are well coated, fry them to a light brown in a stew-pan of very hot lard, drain them upon a cloth, dress them upon a napkin, and serve with powdered sugar sifted over them.

NO. 2. RICE CROQUETS.

Into a pint of boiling milk stir rice flour sufficient to make a stiff paste; then add, while hot, one ounce of butter, four eggs well beaten, a little salt, a little essence of lemon, and a table-spoonful of sugar; mix all well together, let stand until quite cold; then form them into balls, dip them in egg and cracker crumbs, or in rice flour, and fry them, and serve them as No. 1, above.

RYE BREAD PUDDING.

Beat together, till quite light, half a pound of loaf sugar and fourteen eggs, add one quarter of a pound of rye bread, dried and pounded fine, three quarters of a pound of blanched almonds, pounded fine, and a little salt; mix the ingredients well; put them in a mould, and boil one hour; serve with wine sauce.

SAGO PUDDING.

Wash a tea-cup of sago in cold water, soak it in one quart of milk; when the sago has absorbed half the milk, set the dish which contains the sago into a kettle of boiling water, and let it scald; add a bit of butter, cover the sago closely, and let it cool; when cold, add three eggs well beaten, three table-spoonfuls of sugar, one table-spoonful of rose-water, a little salt, and a tea-cup of cold milk; stir all

well together, and bake in a buttered dish forty-five minutes.

SOUFFLE PUDDING.

Beat, until light, eight eggs and one quarter of a pound of sugar; add one and a half pints of milk and a little peach-water and cinnamon; put eight rusks into a baking-dish, pour this custard upon them, and bake thirty minutes.

SPOONFUL PUDDING.

Mix well together, a spoonful of flour, a spoonful of cream or milk, a spoonful of currants, an egg well beaten, a little nutmeg, ginger, and salt; boil half an hour in a little wooden dish.

SUNDERLAND PUDDING.

Six eggs well-beaten, one pint of cream, nine spoonfuls of flour, and a little salt, bake in little cups, fill the cups half full; serve with wine sauce.

TAPIOCA PUDDING.

Boil ten table-spoonfuls of tapioca in one quart of milk, over a slow fire; cover it, and when the milk is near boiling, stir it until it boils, then add two table-spoonfuls of butter, six of sugar, one lemon grated, and a little salt; stir all together, cover the pan, remove it from the fire, and let it stand while you beat very light four eggs; stir the eggs into the mixture, pour it into a buttered dish, and bake, or boil, one hour; serve with arrow-root or custard sauce.

TRANSPARENT PUDDING.

Beat to a cream half a pound of butter and half a pound of sugar, stir in eight eggs well beaten, a grated nutmeg, and flavor with rose-water; bake in a buttered dish half an hour, and serve cold. You may, also, bake this pudding in puff paste.

YEAST PUDDING.

Dissolve over the fire, half a pound of butter in one and a half pints of milk, then add two eggs well beaten, and one pound of sifted flour; when these are thoroughly mixed with the milk, add two large table-spoonfuls of fresh yeast, beat the mixture hard, cover it, and let it stand in a warm place

for two or more hours, until it has risen and become quite light, then mix with it two table-spoonfuls of powdered sugar, a little powdered mace, cinnamon, and cloves; then stir into the batter half a pound of Zante currants dredged with flour, half a pound of raisins stoned, cut, and dredged with flour, and last of all, half a tea-spoonful of bi-carbonate of soda, dissolved in a little warm milk. It will require an hour and a half to bake in a moderate oven. It should be served hot, with sweet sauce.

CHAPTER XVI.

PASTES AND PIES.

GENERAL OBSERVATIONS.

It is far more difficult to give directions for making good PASTRY, than to give directions for making good puddings; for, though all the materials are of the best quality, and all the proportions accurately given, the result depends almost entirely on *dexterity and skill in compounding them*. Many cooks, by their inexpertness in compounding, and their awkwardness in working pastries, will spoil the best materials, and their labors will result in nothing good. An experienced hand will make a good pastry in a quarter of the time in which an inexperienced hand will compound the materials.

Pastry should be handled as little as possible. If your hand is naturally so warm that, in mixing the paste, it melts the butter, you may, with great advantage, mix the paste with a broad-bladed knife.

In rolling pastry be careful not to lay so much weight upon the rolling-pin as to press the ingredients into a salve. It is of very little consequence, whether you roll from you or towards you. Although numerous receipts for various kinds of pastry are given in these pages, not one of them will work successfully if the paste is made with a heavy hand or rolled hard,—a process recommended, and without reason, by many modern Cook Books. TEN MINUTES is time enough to mix and roll any good pastry,—a longer time spent in making pastry is worse than lost!

Every kind of pastry should be baked as soon as made; by standing it becomes clammy, and will never again look as light and flaky as when it was fresh. It should always be baked in a steady oven, neither too hot nor too moderate. Some persons like to see it come from the oven very white, but it can seldom be well baked without browning; espe-

cially is this true of meat, apple, and other fruit pies. Pies, whose fruit is cooked before it is put into the paste, may be baked quite white in twenty minutes, in an oven of moderate heat; but mince pies require thirty minutes, squash and pumpkin pies forty-five minutes, chicken and veal pies, &c., one hour. The paste may be covered, while in the oven, with paper to prevent it from browning too much, but when thus covered, it will not appear as light and flaky.

Great care is requisite in heating an oven for baking pastry. If you can hold your hand in the heated oven while you count twenty, the oven has just the proper temperature, and it should be kept at this temperature as long as the pastry is in; this heat will bake to a light brown, and will give the pastry a fresh and flaky appearance. If you suffer the heat to abate, the under crust will become heavy and clammy, and the upper crust will fall in.

Butter that is to be used in making pastry *should never be washed*. The washing spoils it for shortening. If the butter is good,—and it ought always to be good,—it does not, of course, need washing. But if it is not good, pour boiling water upon it, and let it stand until it has become cool, then take it from the water, and, if it is not sweet, repeat the same operation until it becomes sweet. When it has become sweet, work it well, and let it stand in a cool place for one hour or more before you use it; this butter will need to be resalted. In making pastry, Lard is a very good substitute for Butter, and drippings from roast beef, roast veal, and roast pork, when well clarified, make an excellent shortening for pies. If you intend to use the drippings within twenty-four hours after the meat was roasted, pour a little boiling water over them, and let them stand on the top of the water until you wish to use them,—this process will clarify them sufficiently. But if you are not intending to use them within several days, boil all the water out of them; frying a few slices of raw potatoes in them to take out whatever foreign taste the meat may have imparted. Fat, thus prepared, should be strained through a clean cloth, and packed away in clean vessels to be used when wanted. It will keep sweet a long time, and in making pastry, may be profitably mixed with butter, in equal proportions. In summer all pastry will be made lighter and less oily by adding

to the wetting of every pound of flour, one egg well beaten; but in winter this is not necessary.

It is well to prepare, on the day before baking, all the materials for your pies that require cooking,—such as pumpkins, cocoanuts, marlböro, stewed apples, &c.,—since every thing should be properly seasoned and perfectly cold before it is put into the paste. Very moist materials, even when cold, should not be put into the paste until you are ready to put the pies into the oven.

Meats for mince pies should not be chopped until quite cold.

Cherries are better made into pies without stoning, as the astringent flavor of the stone renders the fruit more agreeable.

Raisins and all dried fruits for pies and cakes, should be cut, stoned, and dredged with flour, before use.

Zante currants must be washed in several waters, dried in a towel, and dredged with flour, before they are fit for use.

Almonds should be blanched by pouring boiling water upon them, and then slipping the skin off with the fingers. In pounding them always add a little rose or orange water, with fine sugar, to prevent their becoming oily.

It is unnecessary to butter pie plates; if the paste is good, it will never adhere to the plate on which it is baked.

PASTES.

NO. 1. COMMON PASTE.

Cut half a pound of butter, as shortening, into one quart of flour; add a tea-spoonful of salt, and water enough to make a soft dough; flour your moulding board, and roll out the dough for your pies, but do not mould it.

NO. 2. LIGHT PASTE.

Beat the whites of three eggs to a stiff froth, add half a gill of water, and mix with a pound of sifted flour, wetting it to a stiff paste; then roll out the paste to a thin sheet, cover the sheet with a quarter of a pound of butter cut into small bits, and placed at equal distances upon it; dredge flour over the paste, fold it up lightly; roll it out again to a

thin sheet, and proceed as before, repeating the same process until you have rolled into the paste a pound of butter, rolling in one-quarter of a pound each time; then roll and fold the paste until it is quite stiff, and it is fit for use.

NO. 3. LIGHT PASTE.

Cut half a pound of butter into one quart of flour, with a little salt; stir the butter lightly into the flour, not moistening all the flour with it; beat the white of an egg to a stiff froth, add a wine-glass of cold water, and pour it into the flour, making a stiff paste; roll it upon the moulding board, as directed above, (No. 2,) until you have rolled into it a quarter of a pound of butter; then it is fit for use.

This paste is sufficiently rich for most puddings, or meat pies. Some flours require more wetting than others; of the quantity of wetting necessary, the cook must judge.

NO. 4. POTATO PASTE.

Mash, while hot, one pound of boiled potatoes, and rub them through a colander; then add quarter of a pound of butter, one tea-cup of cream, and one tea-spoonful of salt; mix it with flour enough to roll it out on the moulding board.

NO. 5. PUFF PASTE.

Into one quart of flour stir one tea-spoonful of salt, if you intend to use butter as shortening; if you intend to use half butter and half lard, or fresh drippings, stir in two tea-spoonfuls of salt, cut half a pound of shortening into the flour, but do not moisten the flour in stirring it in; with half a tumbler of cold water wet the flour as lightly as possible to a stiff paste; then flour the moulding-board and the rolling-pin, and roll out the paste to half an inch in thickness; cover it with a quarter of a pound of butter or shortening cut in small bits, sprinkle it with flour, roll it up into a long roll, fold in the ends, flour it again, and with the rolling-pin floured roll it out again to half an inch in thickness; cover it with another quarter of a pound of shortening, and repeat the same process as before; then roll it out, and use immediately.

NO. 6. HALF PUFF PASTE.

Cut half a pound of butter into one quart of flour, with

one tea-spoonful of salt; mix it lightly with a knife; beat one egg until very light, and stir it into the flour and butter, then add water enough to make a soft paste, flour the moulding-board, and treat the paste as above. (No. 5.)

This paste is for summer use, but is at all times more crispy than No. 5.

NO. 7. SHORT PASTE.

Rub one pound of butter into one and a quarter pounds of flour, with a tea-spoonful and a half of salt; wet with milk enough to make a stiff paste, and roll it out thin.

NO. 8. TART OR PUDDING PASTE.

Rub one pound of butter into one and a half pounds of flour, with two tea-spoonfuls of salt; wet with cold water to a stiff paste, roll out to an eighth of an inch in thickness, brush beaten egg over it, sprinkle fine sugar upon it, and use it.

NO. 9. TRANSPARENT PASTE.

Rub three-quarters of a pound of butter into one pound of sifted flour, with a tea-spoonful of salt; beat two eggs very light, and make a soft paste of these ingredients, adding, if necessary, a little cold water; roll the paste out thin, line patty pans with it, brush it with cold water, sprinkle it with fine sugar, and bake immediately to a light brown. When cool, turn them out of the pans, and fill them with marmalade, jam, or other sweetmeats.

NO. 10. SUET PASTE.

Skin and chop very finely one pound of kidney beef suet; put into a mortar and pound it well, moistening it with a little oil, until it becomes as it were one piece, and has the consistency of butter; proceed as in Paste No. 5, using this instead of butter.

PIES.

NO. 1. APPLE PIE.

Green apples, to be used in pies, should be previously stewed. Pare, core, and quarter them, and stew them in just water enough to prevent their burning; when well done, strain them through a colander, add a bit of butter, a little

mace, a grated rind of lemon, and sugar enough to make them pleasant; line your pie dishes with paste No. 5, fill them to a level with the inside rim, with the stewed apple, cover it with the same paste, wetting the edges of the crusts to make them adhere, and bake in a moderate oven twenty minutes.

NO. 2. APPLE PIE.

Ripe apples, to be used in pies, may be prepared without any previous cooking. Line the pie dish with Paste No. 6, slice the apples, previously pared and cored, into the dishes, heaping them quite full; cover the dishes with the same paste, but do not wet the edges; and if the apples are greenings, bake thirty minutes; if they are russets, they will require a longer baking; when done, take off the upper crust, lay it upside down upon a napkin, and season the pie by stirring into it, with a knife, butter, sugar, cinnamon, or rosewater, according to taste; in stirring in the seasoning, be careful not to break the under crust; replace the upper crust as neatly as possible, and serve.

This, I think, is the best mode of making apple pies. When you put raw russets into the paste, add a little water.

NO. 3. APPLE PIE.

Line the pie dishes with Paste No. 1, and heap them quite full; with raw apples, previously pared, cored, and sliced; season with molasses, salt, cinnamon, or allspice; then wet the edges of the paste, put the upper crust on, pinch the edges of the crust closely together, cut a slit in the centre of the upper crust, through which the steam may escape, and bake in a moderate oven forty-five minutes. This is sometimes called "Junk Pie."

NO. 4. APPLE PIE.

Line a pudding-dish with Paste No. 6, and fill it with raw apples, previously pared, cored, and sliced; cover it with the same paste, and bake thirty minutes, or until the top crust is quite brown; then remove the top crust, season the apple with sugar, salt, and nutmeg; take half the apple out, put the top crust on upside down, put the apple that was taken out into the top crust, and serve hot. This is sometimes called "Turn-under Pie."

NO. 5. APPLE PIE.

Dried Apples. Wash the dried apples, pour upon them twice their bulk of cold water, and let them stand two hours so near the fire, that they will keep almost scalding hot; then increase their heat, and let them stew until reduced to a fine pulp; when done, season with butter, sugar, lemon, and nutmeg, to your taste; and when the apple has become cold, pour it into dishes lined with Paste No. 5, or No. 6, and bake in a quick oven twenty minutes.

MOCK APPLE PIE.

Crush finely, with a rolling pin, one large Boston cracker, put it into a bowl, and pour upon it one tea-cup of cold water; add one tea-cup of fine white sugar, the juice and pulp of one lemon, half a lemon-rind grated, and a little nutmeg; line the pie plate with half puff paste, pour in the mixture, cover with the paste, and bake half an hour.

These are proportions for one pie.

APRICOT PIE.

Select the apricots before they are fully ripe, and prepare and cook them according to the directions for apple pie No. 1.

ARROW-ROOT PIE.

See Chapter XV. Arrow-root pudding.

BLACKBERRY PIE.

Ripe blackberries will not bear washing; pick them over nicely, dredge them with flour, mix with them (for one pie) four or five large table-spoonfuls of fine sugar, four, if you use white sugar, five, if you use brown; turn them into a deep dish (a soup plate) lined with Paste No. 8, dredge flour over them, cover with the same paste, wet and pinch together the edges of the pastes, cut a slit in the top crust through which the steam can escape, and bake forty-five minutes.

BLUEBERRY PIE.

Wash the blueberries in a colander, with cold water, and let them drain a few minutes; then pour them into a deep dish (a soup plate) lined with Paste No. 8, cover them with four table-spoonfuls of fine white sugar, dredge them with

flour, cover them with the same paste, wet and pinch together the edges of the pastes, cut a slit in the centre of the top crust, through which the steam may escape, and bake in a quick oven forty-five minutes.

CHERRY PIES.

The common red or morello cherries make the best pies. Line a soup plate with Paste No. 7; sprinkle sugar in the bottom of the dish; fill the dish even full with whole cherries; dredge a little flour over the cherries; cover them with fine sugar; dredge them again with flour; cover them with a top crust of the same paste; wet and pinch together the edges of the pastes; cut a slit in the centre of the top crust, and bake forty-five minutes.

CHICKEN PIE.

For chicken pie and other pies of fowl and game, see Chapter XI.

COCOA-NUT PIE.

See Chapter XV., Cocoa-nut Puddings.

NO. 1. CRANBERRY PIE.

Line the pie dish with Paste No. 5, and fill it even full with Cranberry Sauce, (see Chapter XX.) prepared for meats; grate nutmeg upon the cranberry; put a strip of the paste around the edge of the dish, and numerous strips across the surface of the pie; or you may decorate the surface of the pie with leaves and fanciful figures cut from the paste; bake twenty minutes.

NO. 2. CRANBERRY PIE.

Rub the cranberry sauce through a colander to free it from the cranberry skins, and prepare and bake as above in dishes lined with Paste No. 5.

CREAM PIE.

Beat, until quite light, five eggs and four table-spoonfuls of fine white sugar; stir in a pint of cream, a little nutmeg, and a little salt; pour the whole into a soup plate lined with Paste No. 5; put a thick strip of the paste around the edge of the dish, and bake thirty minutes.

Raisins stoned and cut may be added to this pie, in which case the pie will require a longer baking.

NO. 1. CURRANT PIE.

Green Currants.—Pick the currants from the bushes when half grown; wash them, and stew them in just water enough to prevent their burning; then season them with sugar and nutmeg, and let them stand until cold; when cold, pour them into pie dishes lined with Paste No. 8, dredge a little flour over them, cover them with the same paste, wet and pinch together the edges of the paste, cut a slit in the centre of the top crust, through which the vapor may escape, and bake twenty minutes.

NO. 2. CURRANT PIE.

Ripe Currants.—Wash and pick ripe currants, dredge them with flour, put them into a pie dish lined with Paste No. 1, spread over them four table-spoonfuls of white sugar or five of brown sugar, dredge with flour, cover with the same paste, wet and pinch together the edges of the pastes, cut a slit in the centre of the cover through which the vapor may escape, and bake forty minutes.

Ripe currants and whortleberries, mixed in equal quantities, make a very good pie; in preparing them, omit one spoonful of sugar.

DAMSON PIE.

Stew the damsons whole in water only sufficient to prevent their burning; when tender, and while hot, sweeten them with sugar, and let them stand until they become cold; then pour them into pie dishes lined with Paste No. 5, dredge flour upon them, cover them with the same paste, wet and pinch together the edges of the pastes, cut a slit in the centre of the cover through which the vapor may escape, and bake twenty minutes.

GOOSEBERRY PIE.

Pick and wash the gooseberries, and stew them in just enough water to prevent their burning; when tender, and while hot, sweeten them with sugar, and let them stand until they become cold; then pour them into pie dishes lined with Paste No. 5, dredge flour, and grate nutmeg upon them, cover them with the same paste, wet and pinch together the edges of the pastes, cut a slit in the centre of the cover through which the steam may escape, and bake twenty minutes.

GRAPE PIE.

Pick the grapes when half grown, wash them, and cut them in halves; line the pie dishes with Paste No. 1, fill them full with the grapes, add four large table-spoonfuls of fine white sugar and a table-spoonful of water; cover them with the same paste; cut a slit in the centre of the cover, through which the vapor may escape; bake thirty-five minutes.

If you prefer to stew the grapes, you must bake them in dishes lined with Paste No. 5; they will bake then in twenty minutes. If you prefer to sweeten the grapes with molasses instead of sugar, it will not be necessary to add any water.

LEMON PIE.

Beat to a cream eight table-spoonfuls of fine white sugar and six of melted butter; add six whites and eight yolks of eggs well beaten, the grated rind of two lemons and the juice of one; stir the mixture, and pour it into a deep dish lined with Paste No. 8; put a strip of the paste around the edge of the dish, and bake thirty minutes.

See Chapter XV. Lemon Puddings.

MARLBORO PIE.

Select fair sweet apples, pare and grate them, and to every tea-cupful of the apple add two eggs well beaten, two table-spoonfuls of fine sugar, one of melted butter, the grated rind and half the juice of one lemon, half a wine glass of brandy, and one tea-cup of milk; mix all well, and pour into a deep plate lined with Paste No. 6; put a strip of the paste around the edge of the dish, and bake thirty minutes.

MINCE PIE, NO. 1.

Prepare the mince as follows:—Trim away all the sinewy parts from four pounds of lean beef, and all the skin from two pounds of fresh beef suet; chop the beef and suet very finely; then add two pounds of brown sugar, two ounces of ground spices mixed in equal proportions, the grated rind of six oranges and of six lemons, one pint of wine, and one of brandy; mix all this well together; then cleanse and stone two pounds of raisins, two pounds of currants, two pounds of citron cut in strips; chop the raisins with six pounds of peeled apples, and add the other fruit to the mixture, with

two tea-spoonfuls of salt; stir all the mince together, and cover it closely until you are ready to use it. Mince thus prepared will keep two months in cold weather. It is best two weeks old. If it is not sweet enough, stir in more sugar when you use it.

Bake this mince in Paste No. 7, covering it with an ornamental top crust of the same paste; bake from thirty to forty-five minutes.

MINCE PIE, NO. 2.

Boil two lemons until quite tender, pound them in a mortar; remove their seeds, add to them one pound of white sugar, and let stand twenty-four hours; then add one pound of beef suet chopped finely, half a pound of raisins stoned and chopped, one pound of Zante currants, one ounce of ground spices, mixed in equal proportions of mace, cloves and cinnamon, one glass of wine, one of brandy, and half a pint of walnut meats chopped finely; stir this mince and mix it well, and bake, as above, in Paste, No. 5, or Paste, No. 7.

NO. 3. MINCE PIE, (TEMPERANCE.)

Boil, until very tender, three pounds of beef's heart; then chop it as fine as possible, and add half a pound of beef suet, cleansed from its skin and filaments, and finely minced; mix all these well together, and add one pound of brown sugar, two pounds of Zante currants, two pounds of raisins, stoned and cut in halves, the grated rind of one orange, the grated rind and the juice of three lemons, one table-spoonful of powdered cinnamon, one of ginger, one of cloves, one of mace, two of salt, and one quart of the best West India molasses; stir all well together; the mixture should be very moist, but not thin.

If you wish to use this mince immediately, add two pounds of finely minced apple, and half a pound of citron cut in slices, to every pound and a half of meat; the apples should be very acid.

If you wish to keep this mince for future use, it is best not to add the apple and citron until you are ready to bake. Hickory-nuts, chopped finely, and added to the mince the last thing before using it, is a great improvement to it.

This mince, confined in tight jars and kept in a cold place,

will be good for two or three weeks in winter. It rather improves by keeping a short time.

Bake this mince as above, in Paste, No. 5, or Paste, No. 7.

NO. 4. MINCE PIE.

Chop finely the remnants of roast beef, or beefsteak, and add to every pound of the beef two pounds of minced apples, one tea-cup of molasses, two of sugar, one tea-spoonful of mace, one of cinnamon, one of cloves, one of salt, one of pepper, half a pound of raisins, stoned and cut in halves, one lemon grated, and one orange grated,—mix all well together, and bake in Paste, No. 1, forty-five minutes.

NO. 5. MINCE PIE.

Chop finely three pounds of beef's tongue and two and a half pounds of suet, mix in three pounds of minced apple, one and a half pounds of raisins, stoned, two pounds of sugar, four tea-spoonfuls of salt, one of cloves, two of mace, two and a half of cinnamon, and a pint of Madeira wine.

Bake this mince in Paste, No. 5, or Paste, No. 7.

ORANGE PIE,

Follow the directions given for Lemon Pie, substituting orange for lemon, and using less sugar.

PEACH PIE.

Select the peaches when nearly ripe, pare and quarter them; line a deep dish with Paste, No. 6, put in a layer of sugar, then a layer of peaches, then a deep layer of sugar, then peaches, and so fill the dish; dredge flour over the top; cover it with the same paste; wet and pinch together the edges of the pastes, cut a slit in the centre of the cover, through which the vapor may escape, and bake thirty minutes.

If you prefer to stew the peaches before baking, you must bake them in Paste, No. 5.

PINEAPPLE PIE.

Pare and grate large pineapples, and to every tea-cupful of grated pineapple, add half a tea-cupful of fine white sugar, turn the pineapple and sugar into dishes lined with Paste, No. 2, or Paste, No. 3, put a strip of the paste around the dish, cover the pie with Paste, No. 5, wet and press together the edges of the pastes, cut a slit in the centre

of the cover, through which the vapor may escape; bake thirty minutes.

PLUM PIE.

Stew the plums in water sufficient to prevent their burning, and follow the directions given for making Damson Pie.

Ripe plums require no spice seasoning.

PUMPKIN PIE.

Pare the pumpkins, cut them into small pieces, and stew them in just water enough to prevent their burning; let them stand over a slow fire until they are quite soft, then strain them through a colander, and to one quart of pumpkin add one quart of rich milk, one table-spoonful of ginger, one tea-spoonful of salt, one nutmeg, two tea-cups of sugar,—more will be necessary if you use brown sugar,—and four eggs, well beaten; when cold, put into deep plates, lined with Paste, No. 1, trim and bake forty-five minutes.

QUINCE PIE.

Quince pie may be made as pineapple pie; it requires a seasoning of mace or nutmeg. Serve it with apple cream; see creams, chap. xxi.

RASPBERRY PIE.

Pick over the raspberries—they will not bear washing,—put them into a deep dish lined with Paste, No. 2, or Paste, No. 3, spreading sugar in the bottom of the dish; cover the raspberries with sugar, dredge them with flour, and bake half an hour.

NO. 1. RHUBARB PIE.

Cut off the ends of the stalks, strip off their skin, and cut the stalks in pieces half an inch long; line a deep dish with Paste, No. 6, put in a layer of sugar, then a layer of rhubarb, then a layer of sugar, and another of rhubarb, and so fill the dish, finishing with a layer of sugar, grate nutmeg, and dredge flour upon it, cover with the same paste, wet and pinch together the edges of the pastes, cut a slit in the centre of the cover, through which the vapor may escape, and bake thirty-five minutes.

NO. 2. RHUBARB PIE.

Prepare the rhubarb as above, and stew it in water only sufficient to wet the bottom of the stew-pan; while hot, add sugar enough to sweeten it, put it into a dish lined with Paste, No. 5, or Paste, No. 7, put a strip of the paste around the edge of the dish, and strips or leaves across the top of the pie, and bake twenty-five minutes.

SQUASH PIE.

Marrow squash is so dry that more milk is needed in making the pie than in making pumpkin pie; in other respects, follow the directions given for making pumpkin pie.

Some persons sweeten this pie with molasses instead of sugar.

The crooked-neck squash makes an excellent pie. Stew it, strain it, spread it in broad dishes, and dry it in the oven, and it will keep good all the year; when you wish to use it, soak it in milk.

WHORTLEBERRY PIE.

Wash the berries in a colander, put them into a soup plate lined with Paste, No. 8, sprinkling a little sugar on the bottom of the dish; put two large table-spoonfuls on top of the berries, grate nutmeg, and dredge a little flour upon them, cover with the same paste, wet and pinch together the edges of the paste; cut a slit in the centre of the cover, through which the vapor may escape, and bake forty-five minutes.

TARTS.

Roll the paste an eighth of an inch thick, cut it with a biscuit cutter, place the pieces on a baking-tin, then cut as many more pieces of the same size, cut out the centre of each with a wine-glass, leaving a ring of paste about half an inch wide, wet the edges of the paste cakes that are on the tin, lay one of the rings upon each of these cakes, and bake in a quick oven to a light brown; then fill them with tart sauce, marmalade, or any kind of preserves, and serve.

CHAPTER XVII.

SWEET CAKES.

GENERAL OBSERVATIONS.

THE directions given in the receipts of this chapter for compounding and mixing cake, are so specific as to render many general observations unnecessary. But I desire to say that, except where I have specified, BUTTER should neither be melted nor warmed before mixing into cake; that it is much better to beat the yolks and the whites of EGGS separately, except in cakes that contain yeast or soda; that the ingredients of the cake should be beaten thoroughly together before the last of the FLOUR, (which should always be sifted before it is used,) is mixed in, for the cake is not benefited by a beating after all the flour is added. I have found by experience that fine WHITE SUGAR is purer, sweeter, and consequently more economical for cakes and all pastries than brown sugar, —fourteen ounces of the former being equal, in sweetness, to one pound of the latter; but for cakes, which contain yeast or soda, brown sugar will answer, and the purest and sweetest brown sugars are those that come from Santa Croix and Porto Rico.

It is impossible to give any definite rule for baking cake, since nearly every thing in relation to it depends upon the character of the oven and the tastes of individuals. But you can always ascertain whether a cake is baked by thrusting into its centre a thin wooden skewer; if the skewer comes out clean, the cake is done.

The cake should be turned out of the tins as soon as it comes from the oven. It is well to turn out the cake upon a wire sieve, or, if it is too large for a sieve, upon a tablecloth, folded several times that it may absorb the moisture.

Cake that contains a large quantity of fruit is best when one week old; it should be kept in tight stone jars after the second day from baking.

All the ingredients of which cake is composed should be of the best quality.

For directions for preparing fruits for cake, and for other hints, see GENERAL OBSERVATIONS, prefacing Chapter XVI.

ALBANY CAKE.

Rub together, until very light, one pound of butter and one pound of fine white sugar; add five eggs well beaten, one glass of brandy, one table-spoonful of cinnamon, and one nutmeg; mix these well together, and add, gradually, a pint of West India molasses, half a pint of cream, one pound and a half of sifted flour, and a small tea-cupful of yeast; mix it well, cover it, and set it in a warm place to rise; when it is quite light, stir in one pound and a half of sifted flour, two pounds of raisins stoned, cut in halves, and dredged with flour; and, last of all, one tea-spoonful of bicarbonate of soda dissolved in a little warm milk; pour the mixture into three large pans well buttered, let it stand an hour to rise, and bake in a moderate oven one hour and a quarter; try it with a wooden skewer, to which the cake, if done, will not adhere.

ALMOND CAKE.

Beat to a cream four table-spoonfuls of butter and eight table-spoonfuls of sugar; add six yolks and two whole eggs well beaten, a glass of brandy, and a pinch of salt; stir the whole very briskly for five minutes; then stir in three ounces of blanched almonds, which have been pounded, with one table-spoonful of fine white sugar; whip the whites of six eggs to a stiff froth, reserve two table-spoonfuls of it to be used afterwards, and add the remainder to the mixture, with eight table-spoonfuls of flour; pour the mixture, to the depth of an inch and a half, into the buttered baking pans; spread over the top, three ounces of blanched almonds, which have been pounded, with one table-spoonful of fine white sugar, and mixed with the two table-spoonfuls of egg whites reserved above; bake to a light brown.

ALMOND BISCUIT CAKE.

Beat to a cream two ounces of butter and half a pound of fine white sugar; stir in the well beaten yolks of six eggs, six ounces of sifted flour, and then the well beaten whites of

six eggs; stir the whole lightly; butter a dish, sprinkle sugar in it, turn into it the batter, cover the batter with a quarter of a pound of blanched almonds cut in slips, sprinkle sugar over all, and bake to a light brown; when done, cut into diamond shapes.

ALMOND BRIDE CAKE.

Beat to a cream three ounces of butter and three and a half pounds of fine white sugar; add the well-beaten yolks of twenty-four eggs, one ounce of mace, one glass of brandy, one glass of wine, one glass of rose-water, and beat the whole well together; then stir in lightly three pounds and a half of sifted flour, the well-beaten whites of twenty-four eggs, and, lastly, the following fruits upon which has been dredged half a pound of flour,—four pounds of Zante currants, (previously picked, washed and dried,) one pound of citron, (previously cut in slips,) and one pound and a half of sweet almonds, (previously blanched and cut in slips.) Bake in a large hoop well buttered; it will require from two and a half to three hours to bake; when done, ice, according to the directions for Icing, (Chap. XVIII. ;) or, before baking, you may spread blanched almonds cut in slips over the top, and sift sugar upon them.

ALMOND DROP CAKE.

Pulverize six ounces of blanched almonds with eight ounces of fine white sugar, (you must pulverize a few at a time;) then add the well-beaten whites of three eggs, and one tea-spoonful of orange-flower water; beat all well together; lay a white paper upon a buttered tin, and drop the mixture upon it in drops of the size of a walnut, sprinkle upon the drops two ounces of blanched almonds cut in slips, and bake in a slow oven to a very light brown.

ALMOND GENOÈSE CAKE.

Beat to a cream half a pound of butter and half a pound of fine white sugar; then add four eggs well beaten, a glass of brandy, and a pinch of salt; beat these together until perfectly light; then stir in lightly half a pound of flour, and pour the whole into a buttered baking-tin to the depth of a quarter of an inch; bake to a light brown; then cut the cake into small cakes of any fanciful form, put Icing, (Chap.

XVIII.) upon each cake, and sprinkle upon the icing four ounces of blanched and chopped almonds, which have been mixed with two ounces of fine white sugar and a few drops of orange-flower water; sprinkle a little sugar over the whole, put the cakes into the oven and brown them.

ALMOND PASTE CAKE.

Blanch a pound of almonds; put one-fourth of them into a mortar, pound them well, moistening them with a little rose-water to prevent their oiling; when pounded to a paste take it out, add another fourth, proceed in like manner until the almonds are all pounded to a paste; then rub this paste through a hair sieve, and put it into a preserving-pan with one pound and a half of fine white sugar; place it over a slow, but equal fire, and keep stirring it for about five and twenty minutes, clearing it from the sides of the pan; press it with your finger, and if it feels tough, take it out and put it into the mortar with the eighth of an ounce of gum tragacanth which has been soaked and squeezed through a napkin; add the juice of a lemon, and pound the whole well together until it is quite cold; it is then ready for use; but if not used directly roll it up in a ball, and place it upon a plate under a basin to keep moist; it will keep for weeks if moist. Of this paste you can form stands, or convert it into any ornament your fancy may direct for a cold luncheon or supper.

ALMOND SAVOY CAKE.

Beat together for fifteen minutes very briskly four table-spoonfuls of sugar, one table-spoonful of rose-water, and the yolks of six eggs; then stir in a quarter of a pound of almonds which have been blanched and pounded finely, with a table-spoonful of white sugar; then add the whites of the eggs whipped to a stiff froth; mix well, and add four large table-spoonfuls of sifted flour, and a pinch of salt; pour this mixture into buttered baking-tins to the depth of an inch; cover it with blanched almonds cut in strips, sprinkle sugar upon it, and bake to a light brown.

BATH CAKE.

Roll finely ten ounces of prime Santa Croix sugar, and let it dissolve for eight or ten hours in three gills of water; rub two table-spoonfuls of water into two and a quarter pounds.

of sifted flour, and pour upon it the dissolved sugar, with two gills of honey water; roll it out thin, cut it into biscuit, place the biscuit on buttered tins, wet the tops with cold water, and bake in a quick oven fifteen minutes.

BLACK CAKE.

Beat to a cream one pound of fine white sugar and one pound of butter; add twelve eggs well beaten, two table-spoonfuls of powdered mace, two tea-spoonfuls of cinnamon, one grated nutmeg, half a pound of sifted flour, one glass of wine, one glass of brandy, and half a glass of rose-water; mix this well together; then dredge half a pound of flour upon one pound of citron cut in slips, two pounds of prime raisins stoned and cut in halves, and two pounds of Zante currants picked, washed and dried; stir this fruit into the mixture; mix all well together, and bake four hours in a buttered hoop lined with double paper.

BOSTON CAKE.

Beat to a cream one pound of butter and one pound of sugar; then add one nutmeg grated, one table-spoonful of mixed mace and cinnamon, and a large glass of prime brandy; stir the whole until well mixed; then stir in the well beaten yolks of six eggs, and then their whites, whipped to a stiff froth; dissolve a tea-spoonful of supercarbonate of soda in a pint of rich cream or milk, and stir in the milk or cream gradually with one and a quarter pounds of sifted flour; when the whole is well mixed, pour it into buttered pans, and bake one hour or more until done; try it with a wooden skewer; if it does not adhere to the skewer, it is done.

BREAD CAKE.

Beat to a cream three quarters of a pound of butter and one pound of sugar; add four eggs well beaten, one glass of brandy, one grated nutmeg, and one pound of fruit dredged with flour, and work the mixture into one and a half pounds of raised dough; bake, in deep buttered pans, one hour.

BRIDE'S CAKE.

Beat to a cream one pound of butter and one pound of fine white sugar; then add a quarter of a pound of sifted flour, and three eggs well beaten; mix this well together;

then stir in another quarter of a pound of sifted flour, then three eggs well beaten; mix this well, then stir in half a gill of prime brandy, quarter of an ounce of mace, one tea-spoonful of cinnamon, quarter of a pound of Muscatel raisins stoned and cut in halves, two ounces of citron, two of candied orange peel, two of candied lemon peel, all cut in slips; stir all well together, and add two eggs well beaten; mix a quarter of a pound of sifted flour with one and a half pounds of Zante currants picked, washed and dried; stir the currants into the cake; mix the whole well, and bake two hours in a buttered hoop lined with double paper. If the bottom of the cake browns too fast in the oven, slip a board under it; when done, turn the cake upside down and ice it all over, according to directions for Icing in Chap. XVIII:

BRIDGEPORT CAKE.

Beat to a cream one tea-cup of butter, and two tea-cups of sugar; add four eggs well beaten, one glass of wine, half a nutmeg, half a lemon, and three tea-cups of sifted flour; mix this well, and stir in two tea-cups of currants mixed with one tea-cup of flour; mix this well, and add one tea-cup of sour milk, with a tea-spoonful of supercarbonate of soda; mix well, and bake in small buttered tins.

CAKE WITHOUT BUTTER.

Take the weight of three eggs in sugar, and the weight of two eggs in sifted flour; beat the five eggs with the sugar until light, then add the flour with a little salt, a grated lemon peel, and a few caraway seeds; mix well together, and bake in small tins ten minutes.

CAKE WITHOUT EGGS.

Beat together one tea-cup of butter, and three tea-cups of sugar, and when quite light stir in one pint of sifted flour; then add one pound of raisins stoned, cut, and mixed with half a pint of sifted flour, one tea-spoonful of mace, one tea-spoonful of cinnamon, and lastly, one pint of sour cream or milk, in which a tea-spoonful of supercarbonate of soda is dissolved; bake immediately in buttered tins one hour.

CALIFORNIA CAKE.

Beat to a very light cream one and a half pounds of butter and two pounds of fine white sugar; then stir in the yolks of nine eggs well beaten, one grated nutmeg, one tea-spoonful of mace, one tea-spoonful of cinnamon, one tea-spoonful of salt, two glasses of wine, one and a half glasses of brandy, and one pint of milk. Have ready three pounds of sifted flour, in which you have well mixed six tea-spoonfuls of cream of tartar, and two of dry supercarbonate of soda; take three-quarters of the flour thus prepared, and stir it into the other ingredients gradually; then mix the remaining flour with two pounds of raisins, cut and stoned, and stir it into the batter; mix well, stirring five minutes after the ingredients are all in; bake in buttered tins one hour, in a moderate oven.

CARAWAY CAKES.

Beat to a cream half a pound of white sugar, and half a pound of butter; then add five eggs well beaten, a glass of rose brandy, (Chap. XXIV.) two ounces of caraway seeds, a tea-spoonful of mixed nutmeg and cinnamon; mix well, and stir in lightly half a pound of rice flour; bake thin, in square pans buttered; when done, sift sugar upon it, and cut into square cakes.

CIDER CAKE.

Beat to a cream three tea-cups of sugar and one tea-cup of butter; add five eggs well beaten, one tea-spoonful of soda dissolved in one tea-cup of cider, five tea-cups of sifted flour, a little salt and a little nutmeg; bake, in buttered tins, half an hour.

NO. 1. COCOA-NUT CAKES.

Beat to a stiff froth the whites of six eggs; mix together one pound of grated cocoa-nut, and one pound of fine white sugar; stir this mixture into the whites; drop it upon buttered plates, in small drops, of the size of a nutmeg, and bake immediately.

NO. 2. COCOA-NUT CAKES.

Beat to a stiff froth the whites of four eggs; mix well together half a pound of blanched almonds pounded, half a

pound of grated cocoa-nut, and one pound of fine white sugar; stir this mixture into the whites, and treat as above.

COMMENCEMENT CAKE.

Wet four pounds of sifted flour with one quart of milk and two gills of yeast; let it stand to rise; then rub to a cream three pounds of sugar and two and a half pounds of butter, add to this cream eight eggs well beaten, two grated nutmegs, one tea-spoonful of cinnamon, half ditto of cloves, a little salt, and half a pint of wine; stir this mixture until it is quite light, then work it into the dough, and let the whole stand to rise; when it has risen, work into it one pound of currants and one pound of stoned raisins dredged with flour; bake in buttered pans. The above proportions will make four loaves.

This cake will keep moist and good for six weeks.

COMPOSITION CAKE.

Beat to a cream one and a quarter pounds of sugar with three quarters of a pound of butter; add six eggs well beaten, one nutmeg, a little salt, half a pound of sifted flour, and one glass of brandy; mix this well, and stir into it a pint of cream or milk, in which a tea-spoonful of supercarbonate of soda is dissolved; then mix a quarter of a pound of sifted flour with a pound of raisins stoned and cut, and stir them lightly into the batter; mix well, and bake, in buttered tins, thirty minutes.

NO. 1. GOOKIES.

Rub two tea-cups of fine white sugar with one tea-cup of butter; add two eggs well beaten, one grated nutmeg, a little salt, and one tea-cup of milk or cream in which a tea-spoonful of sugar is dissolved; add sifted flour enough to make a dough; roll the dough to a half inch in thickness, cut it into biscuits, and bake on buttered tin sheets fifteen minutes.

NO. 2. COOKIES.

Half a pound of sugar, six ounces of butter, two eggs well beaten, two table-spoonfuls of caraway seeds, one grated nutmeg, one tea-cup of milk; one tea-spoonful of soda dissolved in one tea-cup of vinegar, and sifted flour enough to make a dough; compound these materials as in No. 1 above,

and prepare and bake them in the same manner. The soda and flour should be added the last thing.

NO. 3. COOKIES.

One tea-cup of butter, two tea-cups of sugar, three eggs well beaten, one tea-cup of cream, one tea-spoonful of soda, one nutmeg, one glass of brandy, and sifted flour enough to make a dough; compound these materials and bake them according to directions for No. 1.

NO. 4. COOKIES.

Dissolve two and a half pounds of sugar in half a pint of boiling water; rub three quarters of a pound of butter into three pounds of flour, and pour the water and sugar upon it; add half a nutmeg, a little caraway seed, a little salt, and two tea-spoonfuls of soda dissolved in a little water; roll it out to the thickness of one-eighth of an inch, and bake in cakes.

CREAM CAKE.

Put a pint of water into a saucepan and over the fire, with half a pound of butter; when it boils, stir in half a pound of sifted flour, a little salt, and a tea-spoonful of dry supercarbonate of soda; remove it from the fire, and when it has become cold, add ten eggs well beaten; mix well, and drop the mixture from a spoon upon buttered paper in cakes of the size of a common biscuit, brush a little beaten egg over the cake, and bake them in a moderate oven to a light brown. Make a custard as follows:—Into one quart of boiling water, stir half a pound of sifted flour, one tea-cup of fine white sugar, and four eggs well beaten; remove it from the fire, and when the cream cakes are taken from the oven, open a little place in the side of each, and, with a tea-spoon, fill them with this custard.

NO. 1. CROLLERS.

Stir together nine table-spoonfuls of fine sugar and eight table-spoonfuls of butter; add four eggs well beaten, one tea-cup of milk with one tea-spoonful of supercarbonate of soda dissolved in it, a little salt, a little nutmeg, and sifted flour enough to make a dough; roll the dough a quarter of an inch thick, cut it into fanciful forms, (generally three strips braided together, or rings;) boil them in hot lard, when

browned on both sides, drain them, lay them on a dish and sprinkle fine sugar upon them. In tight jars they will keep good a week.

NO. 2. CROLLERS.

Dissolve half a pound of butter in a pint of hot water, then stir in gradually one pound of sifted flour and half a pound of fine sugar; beat it well; when cool, stir in six eggs well beaten, half a grated nutmeg, and one tea-spoonful of salt; stir the whole until it becomes a thick batter; lay it on a floured board in rings; with a broad-bladed knife, drop the rings into boiling fat; boil them, a few at a time, to a light brown; take them out with a perforated skimmer, drain them, and sift sugar upon them as above.

NO. 3. CROLLERS.

Beat together three quarters of a pound of sugar and six ounces of butter; then add six eggs well beaten, half a nutmeg, a tea-spoonful of salt, and a table-spoonful of sour milk, in which a tea-spoonful of supercarbonate of soda is dissolved; stir well together, add sifted flour enough to make a stiff batter, roll it out on the moulding board, and proceed as for No. 1.

NO. 1. CUP CAKE.

Beat to a cream three tea-cups of sugar and one and a half tea-cups of butter; add three eggs well beaten, one table-spoonful of rose-water, six tea-cups of sifted flour, and one tea-cup of cream or milk in which a tea-spoonful of supercarbonate of soda is dissolved; bake immediately in well buttered cups.

NO. 2. CUP CAKES.

Beat to a cream three tea-cups of butter and six tea-cups of sugar; add ten eggs well beaten, ten tea-cups of sifted flour, and spices to your taste; bake in buttered cups.

NO. 1. DELICATE CAKE.

Beat to a cream one pound of white sugar and three quarters of a pound of butter; add half a nutmeg, a tea-spoonful of rose-water, a glass of wine, and the whites of sixteen eggs beaten to a froth; when well mixed, stir in lightly one pound of sifted flour; bake immediately, in buttered pans, to a light brown.

NO. 2. DELICATE CAKE.

Beat to a cream one pound of white sugar and eight ounces of butter; add one grated lemon, half a nutmeg, one glass of wine, and the whites of fourteen eggs beaten to a froth; when well mixed stir in lightly three quarters of a pound of sifted flour, and bake as above.

Use the yolks of the eggs in making Gold Cake.

NO. 1. DERBY CAKE.

Rub half a pound of butter into one and a quarter pounds of sifted flour; dissolve half a pound of sugar in a gill of milk; make a hole in the centre of the butter and flour, and pour in the dissolved sugar, with two eggs well beaten, four tea-spoonfuls of honey water, (Chap. XXIV.,) and a little salt, and four ounces of currants if you like; mix all well together, and make it up in round or square cakes; bake on buttered tins.

NO. 2. DERBY CAKE.

Rub one pound of sifted flour into half a pound of butter, add half a pound of sugar, four eggs well beaten, one gill of milk, half a pound of currants, and a little salt; mix and bake as above.

DESSERT CAKES.

Mix together one quarter of a pound of fine white sugar, three quarters of an ounce of ginger, and the whites of two eggs beaten to a stiff froth; drop the mixture in sizes of a nutmeg upon buttered paper, bake in a quick oven, cool them upon the paper, and serve.

DIET CAKE.

Stir one pound of fine sugar into one pint of boiling water, add one tea-spoonful of salt, eight eggs well beaten, and one pound of sifted flour; keep stirring until ready to bake; bake to a light brown in buttered tins.

DIET BREAD CAKE.

Put two gills of water into a stew-pan with one pound of sugar, stir it until it comes to a boil, then remove it from the fire, and stir in briskly the well beaten yolks of twelve eggs and the well beaten whites of six eggs, with half a tea-spoonful of salt; then stir in lightly one pound of sifted

flour, pour the mixture into buttered tins, and bake twenty minutes.

NO. 1. DOUGHNUTS.

Dissolve one pound of butter, or lard, in one quart of milk; beat, until quite light, one pound of sugar with four eggs, stir this into the milk with one quart of sifted flour; when well mixed, add one glass of wine, one table-spoonful of mixed allspice and cinnamon, half a tea-cup of lively yeast, and flour enough to make a stiff batter; let it stand to rise; when quite light, add one tea-spoonful of salt and flour enough to knead it into little rolls about three inches long; let the rolls stand an hour to rise, and fry them in hot lard to a light brown; when done, sift sugar upon them.

NO. 2. DOUGHNUTS.

Into one quart of milk stir four pounds of sifted flour, add six eggs well beaten, and one gill of yeast; when quite light, add one and a half pounds of sugar, beaten to a cream with one pound of butter, one nutmeg, a little allspice, and a little salt; work all well together, adding flour enough to make a dough that can be rolled upon the moulding-board; let it stand to rise, one hour; then roll it half an inch thick, cut it in diamond shapes, and fry and treat as No. 1.

NO. 3. DOUGHNUTS.

Into a pint of lukewarm milk stir half a tea-cup of yeast and sifted flour enough to make a stiff batter; let it stand to rise; when quite light, add two and a half tea-cups of sugar beaten light with two or four eggs, as you please; add also two tea-spoonfuls of powdered cinnamon, a little salt, and half a tea-spoonful of soda, dissolved in milk; work all well together, adding sifted flour enough to make a stiff dough; let it stand an hour to rise; then knead it, and roll it half an inch thick, and cut it into oblongs an inch wide and three inches long; fry in hot lard to a good brown, and serve as No. 1.

NO. 4. DOUGHNUTS.

Into two tea-cups of milk stir half a tea-cup of yeast, and sifted flour to make a dough; let it stand to rise; when light, add one tea-cup of sugar, beaten to a cream, with half a tea-cup of butter, half a nutmeg, and a tea-spoonful of salt;

work all well together, adding sifted flour enough to make a stiff biscuit dough; treat and cook as above.

NO. 5. DOUGHNUTS.

Dissolve half a tea-cup of butter in one tea-cup of molasses, add a tea-spoonful of cinnamon, and two well beaten eggs; work these ingredients into one pound of raised bread-dough; mix all well together, roll out, cut into any shapes, and fry in hot lard, as above.

DROP CAKES.

Beat, to a cream, twelve tea-cups of sugar and one tea-cup of butter; add five eggs well beaten, a little salt, four tea-cups of sifted flour, and one tea-cup of milk; beat all well together, and drop it on buttered paper in small cakes; bake twenty minutes.

NO. 1. FAMILY CAKE.

Beat, to a cream, one pound of sugar, and three quarters of a pound of butter; add five eggs well beaten, one gill of wine, one of brandy, one nutmeg, and half a pound of sifted flour; stir continually, until well mixed and quite light; then add one gill of cream, half a pound of sifted flour, and a little salt; mix well, and bake in buttered tins.

NO. 2. FAMILY CAKE.

Wet two pounds of sifted flour with one pint of milk and one gill of yeast; let it stand to rise; then stir to a cream half a pound of butter and half a pound of sugar; add to this cream, three eggs well beaten, half a nutmeg, one tea-spoonful of cinnamon, and a little salt; mix this well, and work it into the dough after it has risen; put the dough into buttered pans, filling them half full, and let it stand to rise; when quite light, bake forty-five minutes.

NO. 3. FAMILY CAKE.

Beat, until very light, nine eggs and half a pound of fine sugar, then stir in lightly six ounces of sifted wheat flour, six ounces of sifted rice flour, half an ounce of caraway seed, and a little salt; mix well, and bake in buttered tins.

NO. 1. FANCY CAKE.

Beat, to a cream, one pound of sugar and three quarters of a pound of butter; stir in lightly the well beaten yolks of twelve eggs, half a pound of sifted flour, one gill of brandy, one gill of wine, one gill of milk, half a nutmeg, and a little salt; when these ingredients are well mixed, stir in quickly the well beaten whites of twelve eggs, one pound of sifted flour, three quarters of a pound of raisins, stoned, cut, and dredged, one quarter of a pound of citron, cut in slips, and a quarter of a pound of blanched almonds, which have been pounded with a glass of rose-water; mix quickly, and bake in tins lined with buttered paper. It will bake in about forty-five minutes.

When a bit of soda, of the size of a walnut, is added to the above preparation, this cake is called "ROUGH AND READY CAKE."

NO. 2. FANCY CAKE.

Beat, to a cream, half a pound of sugar, and four ounces of butter; stir in four eggs well beaten, half a pound of sifted flour, and the juice of a lemon; mix well, and bake as above.

FRENCH CAKE.

Beat, until very light, the yolks of fourteen eggs; then beat into the egg one pound of fine white sugar, and six ounces of sweet and three of bitter almonds, which have been blanched and pounded with two table-spoonfuls of rose-water; stir the almonds well into the yolks and sugar; then add fourteen drops of essence of lemon, and the whites of fourteen eggs, beaten to a stiff froth; after the whites are in, continue beating the mixture until the top is covered thick with bubbles; then stir in lightly three ounces of sifted flour, and bake immediately in tins lined with buttered paper.

This cake eats best on the day on which it was baked.

FRENCH BISCUIT CAKE.

Take the weight of three eggs in dried flour, and also in fine white sugar; beat the whites of the eggs to a stiff froth, then mix in gradually the flour and sugar with half an ounce of candied lemon peel, cut very thin; mix well together, shape the biscuits on paper, sift sugar upon them, and bake.

NO. 1. FRUIT CAKE.

Beat, to a cream, four pounds of sugar and three pounds of butter; add the well beaten yolks of thirty-six eggs, and beat the whole well together; then add one ounce of mace, one ounce of nutmeg, half an ounce of cloves, three glasses of brandy, three glasses of wine, and one pound of sifted flour; stir well, and then mix in five pounds of raisins, stoned and cut, four pounds of currants, picked, washed, and dried, and two pounds of citron, cut in slips, all dredged with flour; then beat the whites of thirty-six eggs to a froth, stir into the whites two pounds of sifted flour, then add the whites to the mixture, with two tea-spoonfuls of supercarbonate of soda, dissolved in one gill of cream: bake as soon as the soda is mixed in. It will bake in about three hours.

NO. 2. FRUIT CAKE.

One pound of sifted flour, one pound of butter, one pound of white sugar, one pound of raisins, one pound of currants, twelve eggs, two glasses of wine, one of brandy, half an ounce of mace. Compound these materials, and bake as above.

GENEVA CAKES.

Beat, to a cream, half a pound of butter and half a pound of white sugar; then add four well beaten eggs, a glass of Madeira, and a little salt; beat well, then stir in lightly half a pound of sifted flour; pour it into buttered tins to the depth of a quarter of an inch, and bake to a light brown; when done, sift sugar over it, cut it into smaller cakes of fanciful forms, put drops of jelly on each, a ring of icing around the jelly, and serve.

NO. 1. GINGERBREAD.

Dissolve one tea-cup of butter in one pint of molasses; add two eggs well beaten, one table-spoonful of ginger, and seven tea-cups of sifted flour; mix well, and add two tea-spoonfuls of supercarbonate of soda, dissolved in a tumbler of new milk; bake immediately in buttered tins.

This, as well as the six succeeding, is a *soft gingerbread*.

NO. 2. GINGERBREAD.

Beat, to a cream, one pound of sugar and one and a half pounds of butter; add two table-spoonfuls of ginger, a little

salt, and one and a half pounds of sifted flour; mix this well, and add half a tea-spoonful of supercarbonate of soda dissolved in half a pint of new milk; bake immediately in buttered tins.

NO. 3. GINGERBREAD.

Beat, to a cream, one pound of butter and one and a half pounds of sugar; add seven eggs well beaten, one table-spoonful of ginger, and two pounds of sifted flour; mix well, then add one tea-spoonful of supercarbonate of soda, dissolved in a wine-glass of rose-water, and bake immediately in buttered pans.

NO. 4. GINGERBREAD.

Wet five tea-cups of sifted flour and one table-spoonful of ginger with one tea-cup of cream and one tea-cup of molasses; add a little salt, and, last of all, a tea-spoonful of supercarbonate of soda, dissolved in a little cream; bake immediately in buttered pans.

NO. 5. GINGERBREAD.

Mix seven ounces of sugar with one half a pint of honey, pour in two table-spoonfuls of boiling water, and stir until it is well mixed. Have ready three quarters of a pound of sifted flour, with which you have mixed two ounces of sweet almonds, blanched and cut in bits, two ounces of candied orange peel, cut in bits, half the rind of a lemon grated, one tea-spoonful of grated nutmeg, one tea-spoonful of cinnamon, one tea-spoonful of ginger, and a little cloves, mace, and cardamom seed, mixed together, pour the honey and sugar upon this mixture, stir it well, and let it stand until the next day; then make it into cakes, and bake them on buttered tins; you may brush over the cakes sugar syrup, when you put them into the oven.

This is sometimes called **QUEEN'S GINGERBREAD.**

NO. 6. GINGERBREAD.

Beat, to a cream, six ounces of butter and eight ounces of white sugar; then add four eggs well beaten, and two table-spoonfuls of yellow ginger; then stir in five tea-cups of sifted flour, a little salt, and lastly a tea-cup of sour milk, in which a tea-spoonful of supercarbonate of soda is dissolved; bake immediately on buttered tins half an hour.

This is sometimes called **BOSTON GINGERBREAD.**

NO. 7. GINGERBREAD.

Rub to a cream one tea-cup of butter and one tea-cup of sugar; then add one tea-cup of molasses, three tea-cups of flour, three eggs well beaten, one table-spoonful of ginger, a little salt, and one tea-spoonful of soda, dissolved in milk; mix well, and bake in buttered tins as soon as the soda is added.

This is sometimes called HAMPTON GINGERBREAD.

NO. 8. GINGERBREAD.

Melt three ounces of butter in one pint of molasses; pour this upon one quart of sifted flour, and add two table-spoonfuls of ginger, half a tea-spoonful of salt, and half a pint of milk, in which a tea-spoonful of supercarbonate of soda is dissolved; then stir in rapidly sifted flour enough to make a dough that can be rolled upon the moulding-board; bake in sheets on buttered tins.

This is sometimes called SPONGE GINGERBREAD.

NO. 9. GINGERBREAD.

Rub one tea-cup of butter into one quart of sifted flour; add one table-spoonful of ginger, one wine-glass of water in which one tea-spoonful of supercarbonate of soda is dissolved, one pint of molasses, and sifted flour enough to make a stiff dough; mix it well, roll it out thin, and bake it on buttered tins. Sometimes a small bit of alum is dissolved with the soda, and added with it.

This is sometimes called HARD MOLASSES GINGERBREAD.

NO. 10. GINGERBREAD.

Rub to a cream one pound of butter and one pound of brown sugar; add a quarter of a pound of ginger, one quart of molasses, a pinch of salt, and sifted flour enough to make a thick batter; bake in deep buttered tins.

GINGER COOKIES.

Beat to a cream one tea-cup of sugar and one tea-cup of butter; add one egg, well beaten, one tea-cup of molasses, one table-spoonful of vinegar, in which is dissolved a tea-spoonful of supercarbonate of soda, and seven tea-cups of sifted flour; mix it, roll it, make it into cookies, and bake on buttered tins.

NO. 1. GINGER NUTS.

Dissolve six ounces of butter and four ounces of sugar in a pint of hot molasses; when cold, add one glass of rose-water, two table-spoonfuls of ginger, a tea-spoonful of salt, and sifted flour enough to make a soft dough; mix it well, roll it out thin, cut it into pieces an inch square, and bake on buttered tins fifteen minutes.

NO. 2. GINGER NUTS.

Dissolve ten ounces of butter and fourteen ounces of sugar in a pint of hot milk; when cold, add two ounces of ginger, half a nutmeg, a tea-spoonful of cinnamon, a little salt, and sifted flour enough to make a dough; mix it, roll it thin, cut it into any shape, and bake fifteen minutes.

NO. 1. GINGER SNAPS.

Stir one tea-cup of butter, one table-spoonful of ginger, and one tea-spoonful of soda into one pint of boiling molasses; let it cool, then add sifted flour enough to make a dough; roll it out thin, make it into cakes of the size of a half-dollar, and bake immediately.

NO. 2. GINGER SNAPS.

Beat to a cream four ounces of butter and two ounces of sugar; then add half a pint of molasses, one table-spoonful of ginger, and two tea-cups of sifted flour; beat well together; then add one tea-spoonful of supercarbonate of soda, dissolved in a table-spoonful of warm milk, and flour enough to make a dough; mix it, roll it out thin, make it into little cakes as above, and bake.

NO. 1. GOLD CAKE.

Beat to a cream three quarters of a pound of butter, and one pound of fine white sugar; stir in the well beaten yolks of fourteen eggs, two grated lemons, and one pound of sifted flour; bake in tins lined with buttered paper.

Use the whites of the eggs in making Delicate Cake, No. 2.

NO. 2. GOLD CAKE.

Beat to a cream one pound of sugar and ten ounces of butter; stir in the well beaten yolks of fourteen eggs, one glass

of wine, half a nutmeg, a little salt, and one pound of sifted flour; bake in tins lined with buttered paper.

Use the whites of the eggs in making Lady Cake, or Silver Cake.

GROUNDNUT CAKES.

Beat to a stiff froth the whites of five eggs, to which add one pint of sugar, and one pound of parched and pounded pea-nuts; mix all well together, drop the mixture upon buttered paper, and bake to a light brown.

HEART CAKES.

Beat to a cream one pound of butter, and one pound of fine white sugar; add twelve eggs well beaten, one pound of sifted flour, and half a glass of rose-water; beat well, and stir in half a pound of currants; pour the mixture into buttered heart-tins, sprinkle with sugar, and bake.

HOMESTEAD CAKE.

Beat to a cream three tea-cups of sugar, and one and a half tea-cups of butter; add the well beaten yolks of four eggs, three tea-cups of sifted flour, one glass of wine, and half a nutmeg; mix well; then stir in two tea-cups of sifted flour, with half a pound of stoned raisins, and half a pound of currants, and lastly, a tea-cup of sour milk, in which half a tea-spoonful of soda is dissolved; bake in a large buttered tin one and a half hours.

INDIANA CAKE.

Rub to a cream half a pound of butter and half a pound of sugar; to which add eight eggs well beaten, one nutmeg, a little salt, and six ounces of Indian meal; mix all well together, and bake on buttered tins.

JERSEY CAKE.

Beat to a cream three-quarters of a pound of sugar, and half a pound of butter; add seven eggs well beaten, one glass of brandy, one nutmeg, and one and a half pounds of sifted flour; mix well, and then add a quarter of a pint of rich cream and a pound of raisins stoned, cut, and dredged with flour; bake on buttered tins.

JULIAN CAKE.

Beat together one tea-cup of cream and two of sugar; add two eggs well beaten, a glass of milk, a glass of wine, half a nutmeg, half a pound of sifted flour, and half a tea-spoonful of dry soda; beat well, and bake immediately on buttered tins.

NO. 1. JUMBLES.

Beat to a cream half a pound of sugar and half a pound of butter; stir in three eggs well beaten, a wine-glass of rose-water, one grated nutmeg, and sifted flour enough to make a dough; roll out the dough, cut it into jumbles with biscuit cutters, and bake them on buttered tins.

NO. 2. JUMBLES.

Beat to a cream two tea-cups of sugar and one of butter; stir in four eggs well beaten, one grated nutmeg, one cup of milk in which a tea-spoonful of supercarbonate of soda is dissolved, and sifted flour enough to make a stiff dough; roll it, cut it as above, and bake half an inch thick on buttered tins.

NO. 3. JUMBLES.

Beat to a cream half a pound of sugar and quarter of a pound of butter; stir in four eggs well beaten, half a lemon grated, and sifted flour enough to make a dough; roll the dough in fine white sugar; cut it with a jaggging iron into strips half an inch wide and four inches long, make the strips into rings, wetting the ends to make them adhere, and bake them fifteen minutes on buttered tins.

NO. 4. JUMBLES.

Beat to a cream one pound of butter and one pound of sugar; stir in five eggs well beaten, one glass of brandy, half a nutmeg grated, and sifted flour enough to make a dough; roll the dough in fine white sugar, and cut it and bake it as directed above.

JUNIATAS.

Beat to a cream four ounces of butter and six ounces of fine white sugar; add the yolks of four eggs, a little salt, one table-spoonful of orange water, two ratafias, a gill of whipped cream, four ounces of almonds blanched and

pounded, and four ounces of hazle-nuts, blanched and pounded; mix the whole well together, and bake the mixture in tarts. (Chap. XVI.)

NO. 1. KISSES.

Beat, over a slow fire, until very light, half a pound of fine white sugar with the whites of four eggs; then stir in three ounces of walnut meats chopped finely; bake in small cakes on buttered papers.

NO. 2. KISSES.

Beat to a stiff froth the whites of six eggs; then stir in lightly one pound of fine white sugar with a tea-spoonful of nice powdered starch; beat all well and drop it upon buttered papers; dust the drops with fine white sugar, and bake; when done, press together the flat surfaces of every two, making the form of an egg.

KRINGLES.

Beat to a cream a quarter of a pound of butter and a quarter of a pound of fine white sugar; stir in two whole eggs and six yolks, well beaten together; work the whole to a stiff paste with sifted flour; roll the paste thin, in fine white sugar, cut it into small cakes, bake the cakes on buttered tins; serve them with jelly or sweetmeat on each.

NO. 1. LADY CAKE.

Beat, to a cream, one pound of butter and one pound of fine white sugar; stir in the well-beaten whites of sixteen eggs, one nutmeg grated, one glass of wine, and one pound of sifted flour; mix it well; pour it an inch thick into buttered baking tins; spread on top four ounces of blanched almonds, cut in strips, dust with fine white sugar, and bake.

NO. 2. LADY CAKE.

Beat, to a cream, one pound of fine white sugar and three quarters of a pound of butter; stir in the well-beaten whites of sixteen eggs, one grated nutmeg, half a tea-spoonful of powdered mace, one grated lemon, and three quarters of a pound of sifted flour; add almonds and sugar as for No. 1, and bake.

LADY'S FINGERS.

Beat, until very light, the yolks of eight eggs with half a pound of fine white sugar; stir in eight whites of eggs, beaten to a stiff froth, one grated lemon, and four ounces of sifted flour; with a spoon drop the mixture in fingers upon buttered paper, dust them with fine white sugar, and bake; when done, remove them from the papers, and press together the flat surfaces of every two.

NO. 1. LEMON CAKE.

Beat, to a cream, two and a half tumblers of sugar and half a tumbler of butter; stir in three eggs well beaten, one grated lemon, a pinch of mace, four tumblers of sifted flour, and one tumbler of milk, in which a tea-spoonful of super-carbonate of soda is dissolved; mix well and bake immediately, half an inch thick, in buttered tins.

NO. 2. LEMON CAKE.

Beat, to a cream, one pound of sugar and six ounces of butter; stir in the well-beaten yolks of five eggs, one grated lemon, and three quarters of a pound of sifted flour; mix well, and add the whites of five eggs beaten to a stiff froth, and one tea-cup of milk in which a tea-spoonful of super-carbonate of soda is dissolved; bake immediately, half an inch thick, in buttered tins.

NO. 3. LEMON CAKE.

Beat, to a cream, half a pound of sugar and quarter of a pound of butter; stir in four eggs well beaten, one grated lemon, a pinch of grated nutmeg, and half a pound of sifted flour; bake, half an inch thick, in buttered tins.

NO. 1. LOAF CAKE.

Beat, to a cream, one and three quarter pounds of butter with two pounds of Santa Croix sugar; stir in six eggs well beaten, half a pint of yeast, one pint of milk, and six pounds of sifted flour; let this mixture stand to rise; when it has become light, work into it one and three quarter pounds of butter, beaten to a cream with two pounds of white sugar, one half a pint of wine, one half a pint of brandy, one grated nutmeg, one tea-spoonful of cinnamon,

a little rose water, and four pounds of raisins stoned, cut, and dredged with flour; when this dough is well mixed, put it into deep baking-pans buttered, and let stand four or five hours to rise, then bake.

NO. 2. ROAF CAKE.

Dissolve one pound of butter in one pint of warm milk, and pour it upon three pounds of sifted flour; mix into this half a pint of lively yeast, and let it stand to rise; when this mixture has become light, stir into it two pounds of sugar beaten to a cream with half a pound of butter; add one nutmeg, one tea-spoonful of cinnamon, a pinch of salt, three eggs well-beaten, and three pounds of raisins, stoned, cut, and dredged with sifted flour; put the mixture into deep pans buttered, let it stand to rise, and, when it is light, bake.

NO. 3. LOAF CAKE.

Dissolve one pound of butter in a pint of warm milk, and pour it upon two pounds of sifted flour; mix into this one tea-cup of yeast, and let the mixture stand to rise; when it has become light, stir into it one and a quarter pounds of sugar, beaten with five eggs until very light; add one glass of wine, one glass of brandy, one grated nutmeg, two pounds of raisins stoned, cut, and dredged with flour, four ounces of citron, cut in slips and dredged with flour, and four ounces of blanched almonds, cut in slips; mix well, put the mixture into deep buttered pans, let it rise, and, when it is light, bake.

NO. 4. LOAF CAKE.

Dissolve twelve ounces of butter in a pint of warm milk, and pour it upon two pounds of sifted flour; mix in one tea-cup of yeast, and let the mixture stand to rise; when it has become light, stir into it four eggs beaten with one pound of sugar, add one glass of Madeira, and one grated nutmeg; mix it well, put it into deep buttered pans, let it rise, and, when it is light, bake.

NO. 5. LOAF CAKE.

Beat, to a cream, one and a half pounds of Santa Croix sugar and three quarters of a pound of butter; then stir in five eggs well-beaten, one tea-spoonful of ground cloves, one tea-spoonful of allspice, one tea-spoonful of cinnamon, one

tea-spoonful of nutmeg, one tea-spoonful of salt, one pint of molasses, one pint of rich milk in which a tea-spoonful of supercarbonate of soda is dissolved, and sifted flour enough to make a thick batter; when these ingredients are well mixed, work in two pounds of raisins stoned, cut, and dredged with flour, and two pounds of currants picked, washed, dried, and dredged with flour; make it into three loaves; bake in deep buttered tins one and a half hours.

LORD MAYOR'S CAKE.

Beat, until very light, half a pound of white sugar and the yolks of four eggs; then stir in half a pound of sifted flour, a table-spoonful of caraway seeds, and the whites of four eggs, beaten to a stiff froth; drop this mixture from a spoon upon buttered paper, in drops of the size of an egg, sprinkle the drops with caraway seeds, and bake them to a light brown; when baked, remove them from the papers, and press together the flat surfaces of every two.

LUCY RIPLEY'S CAKE.

Dissolve two and a half pounds of butter in two quarts of warm milk, and pour it upon ten pounds of sifted flour; mix into this three and a half pints of yeast, and let it stand to rise; when this mixture has become light, stir into it seven pounds of sugar, beaten to a cream with two and a half pounds of butter; add five eggs well beaten, one gill of wine, one gill of brandy, three grated nutmegs, three grated oranges, one tea-spoonful of ground mace, and one tea-spoonful of ground cinnamon; work these ingredients thoroughly together, then add eight pounds of raisins stoned, cut, and dredged with flour; pour the mixture into deep baking tins buttered, cover them, let them stand four hours to rise, and, when light, bake.

LUNCHEON CAKE.

Dissolve half a pound of butter in three gills of warm milk; rub together a quarter of a pound of butter, and one pound of sifted flour; pour the milk upon the butter and flour, add two table-spoonfuls of yeast, stir all well together, and let it stand to rise; when this mixture has become quite light, add to it the grated rind of a lemon, one tea-spoonful of allspice, a little candied lemon peel, a little salt, and one

and a half pounds of currants, picked, washed and dried; mix well, and bake in a buttered hoop one hour.

NO. 1. MACCAROONS.

Pound finely one pound blanched almonds, adding two table-spoonfuls of orange-flower-water; beat to a stiff froth the whites of six eggs; stir into the beaten whites one and a half pounds of fine white sugar, then add the pounded almonds; drop the mixture upon paper, dust sugar upon the drops, and bake them to a light fawn colour.

NO. 2. MACCAROONS.

Mix one quarter of a pound of grated cocoa-nut, with three quarters of a pound of almonds, prepared as in No. 1; stir one and a half pounds of fine white sugar into the well-beaten whites of six eggs, add the mixed cocoa-nut and almond, and proceed as directed for No. 1, above:

MADELINES.

Beat to a cream half a pound of butter and half a pound of white sugar; stir in four eggs well beaten, a glass of brandy, and a pinch of salt; beat this mixture until it is quite light, then add half a pound of currants, one ounce of candied lemon peel cut in strips, and half a pound of sifted flour; pour the mixture into six small fluted tins, well buttered, and bake; when done, cut a circular piece from the centre of each, pour in jelly or sweetmeats, and replace the piece cut out.

MANAGER'S CAKE.

Beat to a cream one pound of butter and one and a quarter pounds of sugar; then stir in one grated nutmeg, one table-spoonful of cinnamon, and two glasses of prime brandy; beat it well; then stir in fourteen eggs well beaten, two and a half pounds of sifted flour, and half a pint of milk, in which a tea-spoonful of soda is dissolved; bake from this mixture two loaves, in buttered pans; when the loaves are baked, ice them on the top and sides, flavouring the icing with rose or lemon. For directions for icing, see Chapter XVIII.

MARGUERITES.

Beat to a cream one pound of butter and one pound of fine white sugar; add the well beaten yolks of twelve eggs,

one grated nutmeg, one wine-glass of rose-water, a little salt, and one pound of sifted flour; make this mixture into cakes half an inch thick, and bake them in a quick oven. When the cakes are baked and cold, lay upon each a spoonful of currant or other fruit jelly; beat the whites of the eggs to a stiff froth, adding sugar to them to make an icing; (see Chap. XVIII. :) pile the icing high upon the jelly, and set the cakes in a moderate oven to dry and harden, but not allowing the icing to become discoloured.

MEASURE CAKE.

One part of butter, two parts of sugar, three parts flour, and four eggs: mix as usual, and bake in buttered tins.

MERINGUES.

Beat to a stiff froth the whites of six eggs; then stir in lightly half a pound of fine white sugar; arrange this mixture in cakes of the form and size of an egg, upon strips of foolscap paper; dust fine sugar upon the cakes, let them stand two or three minutes, blow off what sugar will not adhere to them, lay the strips of paper containing the cakes upon a baking board, and bake the cakes to a light fawn colour; then remove them from the paper, smooth their inside surfaces with the back of a spoon, place them upon a baking-tin, and return them to the oven to dry; when about to be sent to the table, fill one with jelly and a little whipped cream, wet its under surface, and press against it the under surface of another; the two surfaces will adhere, and, if fashioned properly, the two thus united will resemble an egg.

MIRLITONS.

Beat to a cream three ounces of butter and one of fine white sugar; add three eggs well beaten, a little salt, one ounce of ratafias, or bitter maccaroons, and one ounce of candied orange peel; beat all well together, and bake the mixture in tarts. (Chap. XVI.)

NO. 1. NAPLES BISCUIT.

Take the weight of nine eggs in fine white sugar, and the weight of nine eggs in sifted flour; put the sugar into a bowl, and the bowl into hot water; when the sugar is heated through, add the yolks of the nine eggs, and beat the whole

to a cream, then add the whites of the eggs beaten to a stiff froth, and beat all together ten minutes; then stir the flour in lightly. Drop this mixture through an apple-corer upon paper, in biscuits three inches long and one inch wide; dust fine white sugar upon the biscuits, blow off what sugar does not adhere, and bake them in a quick oven to a light brown. When done they are easily removed by wetting the paper.

NO. 2. NAPLES BISCUIT.

Six eggs, twelve ounces of sifted flour, twelve ounces of fine white sugar, and a gill of water. Dissolve the sugar in the water, and follow the directions given for No. 1, above.

NO. 1. NEW YEAR'S CAKE.

Beat to a cream three quarters of a pound of butter, and one pound of sugar; add three eggs well beaten, a grated nutmeg, and a pint of sifted flour; when these are well mixed, add half a tea-cup of cider, in which a tea-spoonful of supercarbonate of soda is dissolved, and flour enough to make a stiff dough; roll the dough very thin, cut it into fanciful forms, as of men, beasts, birds, &c., and bake on buttered tins.

NO. 2. NEW YEAR'S CAKE.

Rub a pound of butter into a pint of sifted flour, and add three eggs well beaten; then stir in a pint of honey, a grated nutmeg, two table-spoonfuls of caraway seeds, a tea-cup of cider in which is dissolved a tea-spoonful of supercarbonate of soda and a small bit of alum, and sifted flour enough to make a stiff dough; roll it, cut it, and bake it as above.

NEW YORK CAKE.

Beat to a cream three tumblers of white sugar, and one tumbler of butter; add four eggs well beaten, one tumbler of rich milk, one glass of white wine, one grated nutmeg, a pinch of salt, and four tumblers of sifted flour; stir all well together, then add one tea-spoonful of supercarbonate of soda dissolved in one table-spoonful of milk; bake in small tins, half filled, in a moderate oven.

NORFOLK CAKE.

Beat to a cream three tea-cups of sugar, and one tea-cup

of butter; stir in six eggs well beaten, one tea-cup of cream, four tea-cups of sifted flour, half a grated nutmeg, a little salt, a glass of brandy, half a pound of currants and a tea-spoonful of supercarbonate of soda, dissolved in a little milk; bake in buttered tins.

OLIOS.

These are made like DOUGHNUTS, No. 1, with the addition of strips of lemon peel mixed with the dough.

ORANGE BISCUITS.

Beat until quite light the yolks of six eggs with five ounces of fine white sugar; add one sour orange grated, and four ounces of sifted flour; when these are well mixed, stir in the whites of six eggs beaten to a stiff froth. Have ready a dozen small tea-cups, prepared first by buttering, then sifting in a little sugar, and blowing out what does not adhere; then sifting in a little flour, and blowing out what does not adhere; distribute the butter into these cups, sift sugar on top, and bake about twenty-five minutes, to a handsome brown.

ORIOLE CAKE.

Boil three quarters of a pound of sugar in one gill of water; stir it well, then add seven well beaten eggs; beat the whole together until it rises and thickens in the beating, when add a little salt, and stir in lightly half a pound of sifted flour; bake in a buttered pan one hour.

PALMETTO BISCUITS.

Beat, to a cream, half a pound of butter and quarter of a pound of fine white sugar; add two eggs well beaten, the juice of one lemon, one tea-spoonful of mixed nutmeg, cinnamon, and mace, one table-spoonful of rose water, and one pound of sifted flour, or enough flour to make a stiff dough; roll out the dough, cut it into biscuits, and bake on buttered tins to a light brown.

PARISIAN CAKE.

Beat, to a cream, ten ounces of butter and three ounces of sugar; then add eight eggs well beaten, and six ounces of blanched and pounded almonds, with which have been mixed, while pounding, a glass of rose water and six tea-

spoonfuls of fine white sugar; also add two ounces of candied lemon peel, two ounces of candied orange peel, a little salt, half a pint of cream, and a pound of sifted flour; but the fruit and flour must be added last, and after the other ingredients have been well beaten together; bake immediately in a hoop lined with buttered paper.

PETITS CHOUX.

Put six ounces of butter, two ounces of fine white sugar, half a stick of vanilla, a pinch of salt, and half a pint of water, into a stew-pan and over the fire; when it begins to boil, stir in three good table-spoonfuls of sifted flour; continue stirring it over the fire, keeping it cleared from the bottom of the stew-pan, until it becomes a tough paste; then take it from the fire and stir in six or seven eggs, one after the other, working them well into the paste. Butter a baking sheet, lay the paste upon it in pieces of the size of an English walnut, egg them over, dust white sugar upon them, and bake them in a moderate oven; when baked and cold, open a lid at the top of each, and fill it with jam or marmalade, replace the lid, and serve upon a napkin.

PETITS CHOUX A LA CREME.

Prepare the paste as above, and place it in balls upon a buttered baking sheet, egg the balls over, dust them with white sugar, and bake them as above; then put into a stew-pan two beaten yolks of eggs, one table-spoonful of fine white sugar, a little chopped lemon peel, and a few candied orange flowers pounded; mix the whole well together, and add a gill of boiling milk; stir it over the fire until it thickens, place it in a basin upon ice, and, when it is cold, add a gill of whipped cream, mix well, and fill the balls as directed above.

These resemble BOSTON CREAM CAKES.

PETITS CHOUX AUX AMANDES.

Prepare the paste and bake it as in the last receipt; when the balls are baked, cover them lightly with a mixture of blanched almonds and white sugar, which have been pounded together, in equal proportions, with the white of an egg; then return the balls to the oven and bake them until they

become crisp; when they are cold, fill them, as directed above, with jam or marmalade.

PETITS PAINS A LA CREMIERE.

Put half a pint of rich milk, a quarter of a pound of butter, two ounces of fine white sugar, and a little salt, into a stew-pan and over the fire; when it boils, stir in three table-spoonfuls of sifted flour; stir it well, clearing it from the bottom of the stew-pan, until a tough paste is formed; then add six eggs, one at a time, working them well into the paste,—the paste must be firm; remove it from the fire, and when it is cold, put a little sifted flour upon the pastry-board, upon which turn the paste; roll it out in pieces an inch and a half long, with a knife make an incision down the centre of each piece, lay the pieces upon a baking-sheet, egg them over, and bake; when they are done, sift white sugar upon them, glaze them with a salamander, and serve hot.

PLUM CAKE.

Plum Cake is another name for Fruit Cake, see page 175.

NO. 1. POUND CAKE.

Beat, to a cream, one pound of butter and one pound of sugar; then add the well beaten yolks of eight eggs, and mix all well together; then stir in one and a quarter pounds of sifted flour, and the whites of the eggs beaten to a stiff froth; bake in buttered tins to a light brown.

NO. 2. POUND CAKE.

Beat, to a cream, one pound of butter and one pound of sugar; then add the well beaten yolks of twelve eggs, one grated nutmeg, one glass of wine, and one glass of rose water; mix all well together, and then stir in one pound of sifted flour and the whites of the eggs beaten to a stiff froth; bake in buttered tins to a light brown.

NO. 1. QUEEN CAKES.

Beat, to a cream, one pound of fine white sugar and three quarters of a pound of butter; add eight eggs well beaten, a quarter of a pound of sifted flour, and a little salt; when these are well mixed, add one glass of wine, one glass of brandy, one glass of milk, one tea-spoonful rose water, one

tea-spoonful of mace, half a pound of raisins, stoned and cut in halves, half a pound of currants, quarter of a pound of citron, cut in slips, and three quarters of a pound more of flour; mix the flour in lightly, and bake the cake immediately in small buttered tins.

NO. 2. QUEEN CAKES.

Beat, to a cream, one pound of butter and one pound of fine white sugar; add eight eggs, well beaten, and two tea-spoonfuls of water, beat it well, and stir in one and a quarter pounds of sifted flour, and one pound of currants; mix all well together, and bake in buttered rings.

NO. 3. QUEEN CAKES.

Beat, until quite light, the yolks of eight eggs, and stir into the eggs one pound of sifted flour and a tea-spoonful of salt, dissolved in a little water; make this into a stiff paste by kneading; roll the paste out as thin as paper, cut it into fine strips, lay the strips upon a sieve for a short time to dry. Have ready in a stew-pan, a pint of boiling cream, in which are dissolved two table-spoonfuls of butter, six table-spoonfuls of fine white sugar, and a glass of brandy; put the strips into this liquor in the stew-pan, put the stew-pan over a moderate fire, keep it covered closely until the paste has absorbed all the liquor, then take the pan from the fire, add the well beaten yolks of six eggs, and stir the whole well together; then spread the paste on buttered baking tins an eighth of an inch thick, and bake to a deep yellow, in a moderate oven; when baked, spread raspberry jam over one sheet, and place another sheet on top of the jam; then cut the sheets into any form you choose.

NO. 1. RATAFIAS.

Blanch six ounces of sweet, and two ounces of bitter almonds, dry them, put them into a mortar, a few at a time, and pound them finely with one and a half pounds of lump sugar, pass the whole through a wire sieve, put the almonds again into the mortar with the whites of two eggs, mix them well together with the pestle, then add another white, mixing it in, and so on until you have mixed in the whites of eight eggs, one after the other, and have made a soft paste; then drop this paste on paper in drops of the size of a dol-

lar, and at equal distances from each other, put slips of blanched almonds on top of each drop, dust the drops with white sugar, and bake them in a moderate oven until they are browned throughout. These will be very useful in making many fancy dishes.

NO. 2. RATAFIAS.

Blanch two ounces of sweet, and two ounces of bitter almonds, put them into a mortar with half a pound of lump sugar, pound them very finely, then add the whites of four eggs; one at a time, continue to pound and mix with the pestle until the stiff pasté is formed; then drop the paste on paper, in drops of the size of a nutmeg, and at equal distances from each other, dust the drops with white sugar, and bake them in a slow oven until they are browned throughout.

RARATONGAS.

Boil a stick of vanilla in half a pint of water. Rub to a cream six ounces of butter and two ounces of fine white sugar, to which add a pinch of salt and three table-spoonfuls of sifted flour; then pour on the boiling water, (in which the vanilla was boiled,) and stir the whole mixture until it is cold; when it is cold, stir in seven eggs, one after the other; mix the whole well together, bake it in small balls, sprinkle them with white sugar grains, (see Chap. XVIII.); when baked, open the balls and fill them with marmalade.

RAISED CAKE.

Raised Cake is another name for Loaf Cake; see p. 183.

NO. 1. RICE CAKE.

Beat to a cream one cup and a half of butter, and two cups of sugar; add five eggs, the yolks and whites beaten separately, two cups of rice flour, the juice of half a lemon, and the peel if you like; add the juice of the lemon as you put the cake into the oven; bake in shallow pans buttered.

NO. 2. RICE CAKE.

Mix four ounces of rice flour with three ounces of wheat flour and eight ounces of fine white sugar; beat into these the yolks of eight eggs and a little salt, until the whole is very light; then add two table-spoonfuls of rich milk, and

the whites of the eggs beaten to a stiff froth; bake in buttered tins, thirty minutes.

SANS SQUICI.

Make a paste as for maccaroons. (page 185;) roll it thin in powdered sugar, cut it into short strips, form the strips into the letter S, and bake them on papers to a light fawn colour.

SAVOY BISCUITS.

Put nine table-spoonfuls of fine white sugar into a bowl, and put the bowl into hot water to heat the sugar; when the sugar is thoroughly heated, break nine eggs into the bowl and beat them quickly until they become a little warm and rather thick: then take the bowl from the water; and continue beating until it is nearly or quite cold; now stir in lightly nine table-spoonfuls of sifted flour; then with a paper funnel, or something of the kind, lay out this mixture upon papers, in biscuits three inches long and half an inch thick, sift sugar over the biscuits, and bake them upon tins to a light brown; when they are done and cold, remove them from the papers by wetting them on the back, dry them, and they are ready for use. They are often used in making Charlotte Russe. (See Chap. XXII.)

SAVOY CAKE.

Beat the yolks of fourteen eggs to a cream; with one pound of fine white sugar and a little lemon-juice; then add the whites beaten to a stiff froth, and six ounces of sifted wheat flour, and six ounces of sifted potato flour; mix the whole lightly, but well together; pour the mixture into a mould previously buttered and sugared, filling the mould three-fourths full, tie a band of buttered paper round at the top of the mould, put the mould into a moderate oven for one hour; then try it by running a thin wooden skewer into the centre, if it comes out clean, the cake is done; when it is done, take off the band of paper, and turn the cake out upon a sieve, where let it stand until it is cold.

SARANAC CAKE.

Put half a pound of fine white sugar into a bowl, and the bowl into hot water to heat the sugar; when the sugar is

thoroughly heated, break into it four eggs and one additional yolk; beat the whole quickly until it becomes a little warm and rather thick, then take the bowl from the water, and continue beating until nearly or quite cold; now stir in lightly three ounces of sifted wheat flour, and three ounces of sifted rice flour; mix the whole well together, and bake it in tins previously buttered and sprinkled with sugar.

SEED CAKE.

Beat to a cream one pound of butter and quarter of a pound of sugar; then stir in half a pint of milk, three quarters of a pound of sifted flour, six table-spoonfuls of water, and three quarters of a pound more of flour, with one quarter of a pound of caraway seeds; let it stand to rise; when perfectly light, stir in a tea-spoonful of supercarbonate of soda, dissolved in a little warm water; knead the dough well, put it into buttered pans, cover it, let it stand an hour to rise, and bake it in a brisk oven to a light brown.

SHREWSBURY CAKES.

Beat to a cream one pound of sugar and three quarters of a pound of butter; then stir in six eggs well beaten, one gill of brandy, one table-spoonful of coriander seed, and a little nutmeg; mix all well together, add a little salt, and flour enough to make a dough; roll the dough out thin, cut it into cakes, and bake it in buttered tins.

SODA CAKES.

Dissolve one tea-spoonful of supercarbonate of soda in one pint of warm milk; pour the milk, while warm, upon half a pound of Santa Croix sugar, stirring until the sugar is dissolved; then stir in half a pound of melted butter, mix it well, and pour the mixture upon two pounds of sifted flour; mix it well, and bake immediately in small buttered tins.

SPANISH CAKES.

Put half a pint of milk, four ounces of butter, two ounces of white sugar, and a pinch of salt, into a stew-pan and over the fire; as soon as it boils, remove it from the fire, and stir in five ounces of sifted flour; stir well, and add a little essence of orange, and one beaten egg; stir well, and add two

beaten eggs; if the paste is now too stiff, add another egg; stir well, and put the paste in small balls upon baking tins, brush egg over the balls, cover them with two ounces of pounded almonds mixed with a little fine white sugar, dust sugar upon them, and bake them to a light fawn color.

NO. 1. SPONGE CAKE.

Take the weight of ten eggs in fine white sugar, and the weight of seven eggs in sifted flour; beat briskly together, for fifteen minutes, the white sugar and the yolks of twelve eggs; then into this stir the grated peel and the juice of one lemon, the whites of the twelve eggs beaten to a very stiff froth, a pinch of salt, and, lastly, the sifted flour; stir in these ingredients quickly, and bake immediately in a brisk oven, and in buttered tins.

The proportions here given will make three loaves, and if they are skilfully compounded, they will result in a very superior sponge cake.

NO. 2. SPONGE CAKE.

Take the weight of ten eggs in fine white sugar, and the weight of ten eggs in sifted flour; beat to a cream the sugar and the yolks of ten eggs; into this, stir a tea-spoonful of rose-water, the whites of the ten eggs beaten to a very stiff froth, and, lastly, the sifted flour; bake immediately, in buttered tins, in a brisk oven.

NO. 3. SPONGE CAKE.

Beat to a cream the yolks of nine eggs and four tea-cups of white sugar; into this, stir one grated lemon, the whites of nine eggs beaten to a stiff froth, a pinch of salt, and, lastly, four tea-cups of sifted flour; drop this batter upon paper, in biscuits, put the paper upon buttered tins, and bake immediately in a quick oven.

NO. 4. SPONGE CAKE.

Beat, until light, one tea-cup of fine white sugar and three eggs; then mix in one tea-cup of flour, a little nutmeg, two salt-spoons of cream tartar; one salt-spoon of supercarbonate of soda dissolved in two table-spoonfuls of milk. Beat all well together, and bake in a buttered pan twenty minutes. This makes one loaf.

SUGAR BISCUIT.

Dissolve one tea-cup of white sugar in a quart of new milk; then stir in half a pint of lively yeast with sifted flour enough to make a stiff sponge; let it rise until very light, then work into the sponge three quarters of a pound of melted butter, with sifted flour enough to make a stiff dough; work the dough thoroughly, cut it into biscuits, let them stand on buttered tins to rise, sift sugar upon each, and bake in a quick oven.

SUGAR DROPS.

Beat to a cream six ounces of white sugar and three ounces of butter; add two eggs well beaten, a table-spoonful of rose-water, half a nutmeg, and eight ounces of sifted flour; drop this mixture in small drops upon paper, ornament the drops with sugar plums, and bake them.

SWEET BISCUITS.

Set a sponge with one pound of sifted flour, five eggs well beaten, half a tea-cup of milk, and one tea-cup of yeast; when light, stir in half a pound of butter and half a pound of sugar beaten to a cream, two ounces of currants, a wine-glass of rose-water, a few drops of oil of lemon, and half a tea-cup of mixed liquor—as brandy and wine; mould it, roll it, cut it into biscuits, and bake quickly.

TEA CAKES.

Rub three ounces of butter into one pound of sifted flour; then work in one pound of fine white sugar, one tea-spoonful of salt, one egg well beaten, and, lastly, one tea-cup of milk in which one tea-spoonful of supercarbonate of soda is dissolved; make it into a soft dough, roll out the dough half an inch thick, cut it into small round cakes, and bake in a quick oven.

TUNBRIDGE CAKES.

Beat to a cream six ounces of white sugar and two ounces of butter; stir in the well-beaten yolks of six eggs, one glass of wine, half a nutmeg, half a pound of raisins stoned and cut, quarter of a pound of citron cut in slips, quarter of a pound of currants, half a pound of sifted flour, and one tea-spoonful of supercarbonate of soda; bake in rings, and, when done, ice with a mixture of one egg.—see directions for icing a cake, Chap. XVIII.

UNION CAKE.

Beat to a cream ten ounces of butter and three ounces of white sugar; then stir in six eggs well beaten, one glass of brandy, quarter of an ounce of cinnamon, one tea-spoonful of salt, three ounces of blanched almonds cut in slips, four ounces of dried cherries, two ounces of citron, one ounce of currants, (all the fruit dredged with flour,) one pound of sifted flour, and half a pint of cream in which a tea-spoonful of soda is dissolved; bake, in deep tins buttered, in a quick oven.

VERMONT CAKE.

Dissolve six ounces of butter in one pint of warm molasses; then stir in one tea-spoonful of mace, one tea-spoonful of cloves, one tea-spoonful of cinnamon, and half a tea-spoonful of essence of lemon; pour this mixture upon one quart of sifted flour, add a little salt and four eggs well beaten; stir all well together, then add two pounds of raisins cut in halves and stoned, and beat into it one gill of milk in which one tea-spoonful of supercarbonate of soda is dissolved; bake immediately, in deep buttered pans, three hours, and in a quick oven.

VICTORIA'S CAKE.

Beat to a very light cream the yolks of twelve eggs and one pound of white sugar; then stir in the juice of one lemon, the peels of two lemons cut very fine, and the whites of six eggs beaten to a very stiff froth; beat the whole fifteen minutes after the whites are added, and then stir in twelve ounces of sifted flour; bake immediately, in buttered tins, one hour.

VIRGINIA CAKE.

Rub one pound of sweet potato, after it has been boiled and peeled, through a colander; to this add one pint of molasses, six eggs well beaten, half a pound of melted butter, half a nutmeg, and a pinch of salt; mix it well, pour it into a deep buttered tin, sift sugar over the top, and bake in a moderate oven.

NO. 1. WASHINGTON CAKE.

Beat to a cream half a pound of butter and half a pound of white sugar; then stir in eight eggs well beaten, one glass of rose-water, and one pound of sifted flour; bake in shallow

and circular tins half an inch deep; when done, spread a thick layer of raspberry jam, or any marmalade or jelly, upon one cake and lay another cake upon the top of the jam, and sift white sugar over the whole.

This cake is sometimes called WASHINGTON-PIE, LAFAYETTE PIE; JELLY CAKE, &c.

NO. 2. WASHINGTON CAKE.

Beat to a cream one pound of white sugar and three quarters of a pound of butter; then stir in nine eggs well beaten, one nutmeg, one pound of currants, one pound of stoned raisins, and one pound of sifted flour; bake in shallow and circular tins half an inch deep; when done, turn the cake upside down, and put icing over it. See directions for icing a cake in Chap. XVIII.

WAFERS.

Dissolve four ounces of butter in half a tea-cup of milk; stir together four ounces of white sugar, eight ounces of sifted flour, and the yolk of one egg, adding gradually the butter and milk, a table-spoonful of orange-flower water, and a pinch of salt; mix it well. Heat the wafer irons, butter their inner surfaces, put in a table-spoonful of the batter, and close the irons immediately; put the irons over the fire, and turn them occasionally until the wafer is cooked; when the wafers are all cooked, roll them on a small round stick, stand them upon a sieve, and dry them; serve with ices, (Chap. XXI.)

WINE CAKE.

Rub one pound of butter into two and a half pounds of sifted flour; add eight eggs without beating, half a pint of yeast, and three quarters of a pint of Madeira wine; mix this, and let it stand until perfectly light; then add one pound of stoned raisins soaked in one glass of brandy, one glass of rose-water, one pound and a half of fine white sugar, one quarter of an ounce of mace, and one tea-spoonful of cinnamon; mix it well, put the mixture into deep baking-pans buttered, let it rise again, and then bake it.

WINE BISCUITS.

Rub one pound of butter into one pound of sifted flour, add two ounces of fine white sugar, a little salt, and then

milk enough to make it a very stiff paste; beat the paste well with a pestle, roll it out very thin, cut it into various shapes, and bake on buttered tins in a moderate oven.

WEDDING CAKE.

See Bride's Cake, Black Cake, Fruit Cake, &c.

NO. 1. WONDERS.

Beat to a cream three quarters of a pound of white sugar and half a pound of butter; then stir in six eggs well beaten, one glass of wine, one glass of rose-water, one grated nutmeg, a little salt, and sifted flour enough to make a stiff dough; roll the dough thin, cut it into strips with a jagging iron, fashion the strips into any fanciful form, slip them into boiling fat, a few at a time, and fry them to a handsome brown; take them out of the fat with a perforated skimmer, dry them, and sift white sugar over them.

NO. 2. WONDERS.

Beat to a cream three quarters of a pound of white sugar and half a pound of butter; then stir in nine eggs well beaten, half a nutmeg, a little salt, and sifted flour enough to make a dough; mix well, and proceed as directed above.

WHIGS.

Dissolve one table-spoonful of butter and one table-spoonful of white sugar in one quart of milk; stir in five eggs well beaten, one tea-spoonful of salt, three table-spoonfuls of yeast, and sifted flour enough to make a stiff batter; bake it in muffin rings on a hot griddle.

ZEPHYRINAS.

Rub one table-spoonful of butter into one pint of sifted flour; add a tea-spoonful of fine white sugar, a little salt, and cold water enough to make a stiff dough; roll out the dough as thin as possible, cut it into cakes with a tumbler, prick the cakes with a fork, and bake them immediately on buttered tins. Five minutes will bake them.

CHAPTER XVIII.

ORNAMENTS FOR CAKES.

WHITE ICING FOR CAKES.

Beat the whites of two eggs with half a pound of fine white sugar to a very stiff froth, add a tea-spoonful of lemon juice to make it adhesive, and flavor it with the oil of lemon.

This composition must be beaten until it hangs in heavy flakes from the spoon; if it proves to be too stiff in mixing, add a little more white of egg, if too soft, add a little more sugar.

CHOCOLATE ICING.

This is made by stirring into the above, when ready for use, chocolate that has been melted over the fire; stir in a sufficient quantity to give the required color, at the same time moistening it with a little white of egg.

TO ICE A CAKE.

Dredge that side of the cake which rested upon the tin while baking, with sifted flour, in order to remove whatever grease may be there; then wipe off the flour carefully, put a quantity of icing in the centre, and with a broad-bladed knife spread it equally over the top and over the other sides of the cake, dipping your knife occasionally in cold water as you proceed; then put the cake in a warm oven, that the icing may harden, but not allowing it to remain in the oven long enough to discolor the icing. If you wish to ornament this icing, trail icing upon it, in whatever forms you choose, through a tin or paper tube; or adorn it with sugar plums, or other confectionary, before you harden it in the oven.

SUGAR GRAINS.

These are made by pounding white lump sugar in a mortar and shaking it through sieves of different degrees of coarseness, thus accumulating grains of different sizes. They are used in ornamenting cake.

SUGAR GRAINS COLORED.

Stir a little coloring—as the essence of spinach, or prepared cochineal, or liquid carmine, or indigo, rouge, saffron, &c.—into the Sugar Grains made as above, until each grain is stained, then spread them on a baking-sheet, and dry them in a warm place. They are used in ornamenting cake.

VANILLA SUGAR.

Pulverize a stick of well-frosted vanilla, mix it with half a pound of fine white sugar, sift it through a hair sieve, and keep it in a bottle, corked tightly. This is used in ornamenting cake.

LEMON SUGAR.

Grate the yellow rind of fresh lemons upon fine white sugar until all the sugar is stained; mix it well, spread it upon a tin and dry it in a warm place; then separate the particles of sugar, as by rubbing them between your hands. This is used in ornamenting cake.

JELLY ORNAMENTS.

Small cakes may be ornamented by placing drops of jelly on their tops, and surrounding the jelly with a ring of icing.

CHAPTER XIX.

FRITTERS AND PANCAKES.

ALTONA FRITTERS.

Beat three eggs very light, then stir in half a pint of milk, six table-spoonfuls of sifted flour, and one tea-spoonful of salt; into this batter put half a dozen greening or pippin apples, pared, cored, and cut in halves; let each piece of apple be well covered with the batter, then put each piece into a pan of boiling fat, and fry to a light brown; take them from the fat with a perforated skimmer, drain them, sift fine white sugar upon them, and serve them hot with Lemon Sauce, or Wine Sauce. (Chap. XX.)

APPLE FRITTERS.

Beat six eggs until quite light, then stir in one tea-spoonful of salt, one table-spoonful of fine white sugar, the grated rind and juice of half a lemon, one pint of milk, half a pound of apples chopped finely, and half a pound of sifted flour; stir all well together and mix it into a batter, and fry and serve as above.

This batter may also be fried on a griddle as pancakes.

APRICOT FRITTERS.

Put a pound of sifted flour into a bowl with a good half pint of water; mix it until it becomes smooth, then stir in two ounces of melted butter, and the whites of three eggs, beaten to a very stiff froth. Into this batter dip twelve or fourteen apricots, previously cut in halves and sprinkled with white sugar; fry them in hot lard to a light brown, drain them upon a cloth, sift white sugar upon them, glaze them with a salamander, and serve them hot.

CREAM FRITTERS.

Beat six eggs until quite light, then stir in one pint of cream; one tea-spoonful of salt, half a grated nutmeg, and sifted flour enough to make a thin batter; stir it until it

becomes smooth, then drop it by spoonfuls into hot lard; and fry, and serve as above.

ENGLISH FRITTERS.

Make a batter as for Apricot Fritters, into which dip six russet apples pared, cored, and cut in slices a quarter of an inch thick; when the slices are well covered with the batter, drop them into hot lard and fry them, and serve them as above.

ORANGE FRITTERS.

Make a batter as for Apricot Fritters; then peel eight oranges, quarter them without breaking the thin skin that divides them, take off all the white pith, dip each quarter into the batter, and fry in hot lard to a light brown; drain them upon a cloth, dust them with white sugar, glaze them with a salamander, and serve hot.

OYSTER FRITTERS.

Beat two eggs very light, then stir in two table-spoonfuls of cream, three table-spoonfuls of sifted flour, and a pinch of salt; into this batter dip the oysters and fry them in hot lard.

PEACH FRITTERS.

Make a batter as for Apricot Fritters; then peel, cut in halves, and stone one dozen ripe and firm peaches, put them into a bowl with a quarter of a pound of fine white sugar, toss them together gently—not breaking them—until they have taken up all the sugar; then dip them into the batter, fry them in lard, not too hot, drain them on a cloth, dust them with white sugar, glaze them with a salamander, and serve.

PINEAPPLE FRITTERS.

Make a batter as for Apple Fritters; then pare one large pineapple, cut it in slices a quarter of an inch thick, cut the slices in halves, dip them into the batter and fry them, and serve them as above.

POTATO FRITTERS.

Boil three large potatoes and rub them through a colander; then add to them four well-beaten yolks, and three well-beaten whites of eggs, one table-spoonful of rich cream, one

table-spoonful of wine, a little lemon juice, a little nutmeg, and a little salt; beat this batter until it is very light, then drop it from a spoon into hot lard, fry, drain upon a cloth, dust with white sugar, glaze with a salamander, and serve.

VANILLA FRITTERS.

Put half a pint of milk into a stew-pan and over the fire; when it begins to boil put into it a stick of fresh vanilla, cover the stew-pan and let the vanilla boil in the milk ten minutes; then take out the vanilla, stir into the milk one and a half ounces of butter, let the milk boil up, and then stir in quickly six ounces of sifted flour; dry this paste over the fire, stirring it up from the bottom of the pan; then remove it from the fire and work into it gradually six eggs and six ounces of fine white sugar; drop this mixture in small quantities into hot lard, fry, drain upon a cloth, dust with white sugar, and serve.

CALIFORNIA PANCAKES.

Mix together very smoothly a quarter of a pound of sifted flour and four eggs; stir in a tea-spoonful of salt, a little nutmeg grated, and half a pint of cream; butter a hot griddle and put upon it two table-spoonfuls of this batter, let it spread all over the griddle, and when one side is browned, turn it and brown the other side; proceed thus until all the batter is fried; then spread marmalade or jelly over each pancake, roll them up, lay upon a baking-tin, sift sugar upon them, glaze them with a salamander, and serve.

CHEESE PANCAKES.

Put one gill of milk and two ounces of butter into a stew-pan and over the fire; when boiling, stir in two table-spoonfuls of sifted flour; keep stirring it over the fire until the bottom of the stew-pan is dry; then add gradually four eggs and half a pound of Goshen or Pineapple Cheese grated; mix it well, season it with pepper, salt, and Cayenne, mould the paste into little balls, drop them into hot lard, and fry to a light brown.

CREAM PANCAKES.

Beat the yolks of six eggs quite light; then stir into them one pint of cream, two ounces of fine white sugar, half a grated nutmeg, and a little cinnamon; butter a hot griddle,

and put upon it two table-spoonfuls of this batter; let it spread all over the griddle, and when one side is browned, brown the other side, and serve.

INDIAN PANCAKES.

Into one pint of rich milk stir three eggs well beaten, one tea-spoonful of salt, one salt-spoonful of supercarbonate of soda, and three table-spoonfuls of Indian meal, or corn flour; drop this batter, by the spoonful, into boiling lard, and fry to a light brown. Serve with Wine Sauce. (Chap. XX.)

LENT PANCAKES.

Beat eight eggs quite light; then stir in one pint of milk, twelve table-spoonfuls of sifted flour, and one tea-spoonful of salt; beat all well together, drop the batter by the spoonful into hot lard, fry it to a light brown, and serve with Wine Sauce, (Chapter XX.)

RICE PANCAKES.

Boil half a pound of rice until it is very soft and tender; cool it, mix with it one pint of cream, eight eggs well beaten, one and a half tea-spoonfuls of salt, half a nutmeg grated, eight ounces of warm butter, and sifted flour enough to make a batter to fry on a hot griddle; fry and serve as above.

RYE PANCAKES.

Into one quart of rich milk stir four eggs well beaten, one tea-spoonful of salt, half a tea-cup of wheat flour, and enough rye meal to make a thin batter; beat this batter until it is very light, then add a pinch of supercarbonate of soda, and fry it upon a hot griddle, by the spoonful. Serve with treacle, or molasses.

SWEET PANCAKES.

Beat to a cream, four table-spoonfuls of fine white sugar and the yolks of six eggs; then stir in two table-spoonfuls of bruised ratafias, (see Ratafias, Chapter XVII.) one table-spoonful of orange flower water, one pint of cream, a little salt, and four table-spoonfuls of sifted flour; mix these ingredients well together, and then stir in the whites of six eggs, beaten to a stiff froth, fry in hot lard, or on a hot griddle; serve with Lemon Cream Sauce, (Chapter XX.)

When milk is used instead of cream it will be necessary to add a table-spoonful of butter.

CHAPTER XX.

TART FRUIT-SAUCES, AND SAUCES FOR PUD-
DINGS, PIES, AND FRITTERS.

TART FRUIT SAUCES.

NO. 1. APPLE SAUCE.

Pare, core, quarter, and wash one dozen ripe pippins; stew them, until they are tender, in half a tea-cup of water over a slow fire, keeping the stew-pan covered so that no steam can escape; they should stew about twenty minutes; but not long enough to break; when they are done, turn them out whole into your dish, and serve.

If you use greenings or spice apples, a little sugar and nutmeg will be necessary to season the sauce.

NO. 2. APPLE SAUCE.

Pare, core, quarter, and wash one dozen russet apples; stew them twenty minutes in half a tea-cup of water over a slow fire; stir into them one table-spoonful of sugar, one table-spoonful of butter, a pinch of cinnamon, and a little nutmeg; dish and serve.

NO. 3. APPLE SAUCE.

Pare, core, quarter, and wash one dozen sweet apples, put them into a baking-dish with one table-spoonful of water, cover them with a crust made of flour and water, and bake two hours in a moderate oven.

This is a delicious relish with tea.

NO. 4. APPLE SAUCE.

Boil four quarts of new cider until it is reduced to two quarts; then put into it enough apples, prepared as directed for the sauces above, to fill the kettle, and let the whole stew, over a moderate fire, four hours.

This sauce will keep good three months in cold-weather.

The addition of three or four quinces to the apples improves the flavor of this sauce.

CRAB APPLE SAUCE.

Select fair and ripe crab apples, take out the cores with a small tin tube, and to every pound of the fruit allow half a pound of sugar and one gill of water, put the whole in a stew-pan closely covered and over the fire, and let stew twenty minutes. The flavor resembles cranberries, but the sauce is more delicate; this preparation will not keep more than ten or twelve days.

NO. 1. CRANBERRY SAUCE.

Pick and wash three quarts of cranberries; put them into a stew-pan with one quart of water, cover the pan, and when they are stewed tender, stir in two quarts of sugar; stir until all the sugar is dissolved, then take the sauce from the fire, dish it, and serve.

The above proportions are easily remembered; *one* of water, *two* of sugar, *three* of cranberries; and they will always make an excellent sauce.

NO. 2. CRANBERRY SAUCE.

Pick and wash three pints of cranberries, stew them over a sharp fire with one pound of white sugar and two ounces of green angelica cut in pieces, until the syrup becomes very thick; remove it from the fire, cool it, and serve.

CURRANT SAUCE.

Pick green currants full grown; wash them, stew them fifteen minutes, adding to every quart of the fruit half a pint of water and one pound of sugar; currants must not be stirred while stewing; when they are cooked, remove them from the fire, and let them stand in the stew-pan three or four minutes; then dish, and serve.

GOOSEBERRY SAUCE.

Gooseberry Sauce is made as Currant Sauce, substituting gooseberries for currants.

PEACH SAUCE.

Select large and firm peaches, skin them, cut them in halves, take out the stones, put the peaches into a bowl and cover every pound of peach with half a pound of fine white sugar; let the peaches stand one hour or more until

the sugar has become a syrup, then pour the peach and the syrup into a stew-pan, cover it, and stew until the fruit is tender.

Peaches must not be stirred while stewing; but occasionally take the stew-pan in your hand and shake it, to prevent the stew from adhering to the pan.

SAUCES FOR PUDDINGS, PIES, FRITTERS, &c.

ALMOND CREAM SAUCE.

Beat to a stiff froth the whites of three eggs, then stir in one table-spoonful of fine white sugar, and one table-spoonful of blanched and pounded almonds; upon this mixture pour one pint of boiling new milk, stir it well, and serve hot in a sauce tureen.

This sauce is suitable for any fruit puddings, pies, fritters, or tarts.

APPLE CREAM SAUCE.

Beat well the yolks of three eggs, stir in one tea-spoonful of sifted flour, a little grated lemon peel, and a little cinnamon; beat this mixture to a cream, and then pour upon it one pint of boiling new milk, stir it well, add one table-spoonful of rose or orange flower water, and three table-spoonfuls of fine white sugar; serve hot in a sauce tureen.

This sauce is suitable for apple puddings, pies, or fritters.

ARROW-ROOT CREAM SAUCE.

Beat to a cream one egg and three table-spoonfuls of fine white sugar, with a little salt; upon this pour half a pint of boiling new milk, into which has been stirred one tea-spoonful of the best arrow-root powdered; stir all well, grate a little nutmeg upon it, and serve hot in a sauce tureen.

LEMON CREAM SAUCE:

Put half a pint of new milk on the fire, and when it boils stir into it one tea-spoonful of wheat flour, four ounces of sugar, and the well beaten yolks of three eggs; remove it from the fire, and add the grated rind and the juice of one lemon; stir it well, and serve hot in a sauce tureen.

ORANGE CREAM SAUCE.

This is made as Lemon Cream Sauce, substituting orange for lemon.

Creams for puddings, pies, and fritters may be made in the same manner with any other flavoring; if flour is used in making them, it should boil in the milk three or four minutes.

PLAIN CREAM SAUCE.

Stir to a stiff froth one gill of rich thick cream and one tea-cup of fine white sugar; grate nutmeg upon it, and serve cold in a sauce tureen.

This is an excellent sauce for boiled puddings.

RICE CREAM SAUCE.

Wet a heaping tea-spoonful of rice flour with one table-spoonful of cold milk, and stir it into half a pint of boiling new milk; let all boil two minutes, stirring continually; then remove it from the fire, and stir into it one egg well beaten, three table-spoonfuls of fine sugar, a glass of rose-water, a little salt, and a little nutmeg; stir it well, and serve hot in a sauce tureen.

PLAIN ARROW-ROOT SAUCE.

Put one table-spoonful of arrow-root, two table-spoonfuls of fine white sugar, the juice of half a lemon, a little nutmeg, and a gill of water, into a stew-pan and over the fire; stir it until it boils, and serve it hot in a sauce tureen.

GERMAN CUSTARD SAUCE.

Beat to a cream the yolks of four eggs and two table-spoonfuls of fine white sugar; stir in one glass of Sherry, one of water, a little grated orange peel, and a little salt; beat this mixture well, put it over a moderate fire, stir it until it boils, then serve hot in a sauce tureen.

HOT WINE SAUCE.

Beat to a cream one tea-cup of butter with two tea-cups of sugar and one table-spoonful of sifted flour; upon this mixture pour one gill of boiling water and two gills of cold wine; put the whole over the fire, and let it boil one minute; then pour it into a sauce tureen in which you have put one table-spoonful of rose-water and a little grated nutmeg; serve hot.

This sauce is very good made with two gills of water and one of vinegar or Rose Brandy, (Chap. XXIV.,) instead of the wine.

COLD SAUCES.

COLD LEMON SAUCE.

Beat to a cream one tea-cup of butter and two tea-cups of fine white sugar; then stir in the juice and grated rind of one lemon; grate nutmeg upon the sauce, and serve on a flat dish.

COLD ORANGE SAUCE.

Beat to a cream one tea-cup of butter and two tea-cups of fine white sugar; then stir in the grated rind of one orange and the juice of two; stir until all the orange juice is absorbed, grate nutmeg upon the sauce, and serve on a flat dish.

SUGARED LEMON.

Grate one large lemon into a bowl and stir in one quarter of a pound of fine white sugar; let it stand until a syrup is formed, and serve it on a flat dish.

COLD WINE SAUCE.

Beat to a cream one tea-cup of butter and two tea-cups of fine white sugar; then stir in gradually one glass of wine; grate nutmeg upon the sauce, and serve on a flat dish.

One table-spoonful of rose brandy substituted for the wine, makes a very agreeable sauce.

DRIED PEACHES.

Wash them in two or three waters, then put them in soak over night in water enough to cover them; in the morning place them in a pitcher or other vessel with a close cover, add water enough to cover them again, put the pitcher in a kettle of boiling water, cover them closely, and let them stew till quite tender, then stir into them sugar enough to sweeten them to your taste, place the pitcher in the kettle of hot water, let them stand long enough to scald the sugar,

then remove the pitcher, keep it closely covered until the contents are cold, when they are fit to serve.

Dried apples and peaches make a very pleasant sauce, cooked in the above manner.

PEAR SAUCE.

There is such a variety of pears used as sauce, that the same directions will not answer for all. June pears are the hardest, but most commonly used; these should be boiled in plenty of water an hour or more; then add one pound of sugar to every two pounds of fruit, and continue boiling them until the liquor is reduced to a thick syrup, and the pears are quite tender.

The small sugar pear makes a very good sauce, boiled with a little molasses, or treacle; say one tea-cup of molasses to one quart of fruit; they will boil tender in one hour, and should be kept closely covered while boiling.

PIE PLANT, OR RHUBARB SAUCE.

Select the stalks that are large and have a red color, peel them and cut them in bits half an inch in length; place these bits in a stew-pan, with an equal weight of sugar; cover the stew-pan closely, and place it over a very moderate fire, let it stew ten or fifteen minutes very slowly; then remove the lid, and boil two or three minutes to reduce the syrup, and it is done.

CHAPTER XXI.

CREAM ICES AND WATER ICES.

FREEZING CREAMS, &c.

To freeze quickly any large quantity of creams or other preparations, the pewter freezer must be placed in the centre of the ice-tub, which should be large enough to allow a space of six inches all around the freezer; just cover the bottom of the ice-tub to the depth of five or six inches with finely pounded ice, then spread over the ice salt, or saltpetre, to the depth of half an inch, place the freezer in the centre, and fill in the sides with ice and salt mingled, pound it down firmly, and fill it to within three inches of the top of the freezer; use salt in proportions of one pound to six pounds of ice. If you have no freezing pot at hand, you may freeze a small quantity of cream, (say one quart,) in a deep tin pail, placed in a common-sized water pail, with a mixture of ice and salt, proportioned as above, placed under and around the pail; pound the ice in pieces as large as an English walnut, and pound the whole mixture firmly together; one quart at a time may thus be frozen with very little trouble or expense.

APRICOT ICE CREAM.

Cut in halves and stone one and a half-dozen of ripe fleshy apricots; take the meats out of the stones, blanch them in hot water, and put them, with the apricots, into a stew-pan, with one pound of white sugar and one glass of water; let the whole boil to a soft pulp, then rub it through a sieve, and let stand until wanted.

In the mean time, place the yolks of twelve eggs in a stew-pan, and pour upon them gradually one quart of milk, stirring all the while; when well mixed, place the stew-pan over the fire, and stir it until it thickens, but do not let it boil, when thick enough to adhere to the back of the spoon, pass it through a sieve, mix with the apricots stewed previously, and, when nearly cold, stir into it three glasses of

Noyeau; there will be nearly two quarts of this preparation; pour it into your pewter freezer; stand it in your ice-tub, prepared as directed above, put on the lid tightly, and twist the freezer around briskly for five minutes; then take off the lid, and, with your spatula, clean the interior sides of the freezer, place the lid on again, twist and turn the freezer as before for five or six minutes, and again clear the interior sides, beat the whole sides; beat the whole well together until smooth; it is now about half frozen, when stir in one pint of cream well whipped; beat the whole well together, put on the lid, twist and turn as before, clear the sides again, and proceed until the whole is frozen into a stiff, but smooth and mellow substance. Keep the ice-tub well filled with ice and salt until you wish to use the cream; when ready to serve it, work it up smoothly with your spatula.

If you wish to freeze the cream in moulds, put it into the moulds when it has thoroughly frozen in the freezer, lining the bottom of the mould with paper, and pressing the cream in strongly, so as to fill with it every part of the mould; then pack the mould snugly into fresh ice and salt, using, as in all freezing mixtures for ices, one pound of salt to five pounds of fine ice, and let the moulds stand in their packing for half an hour or more before the creams are served; when you wish to take out the creams, wash the moulds in cold water, rub them, take off their top and bottom, and they will come out easily.

CHOCOLATE ICE CREAM.

Scrape one quarter of a pound of best chocolate, place it in a stew-pan over the fire with just water enough to melt it, keep stirring it, and when it is melted have ready a quart of boiling milk, which mix with the chocolate gradually, and add half a pound of sugar, and six eggs well beaten; stir all well together, and, when cold, freeze as directed for Apricot Ice Cream.

LEMON-ICE CREAM.

Grate the peel of three lemons, and squeeze the juice of three lemons into a bowl, let it stand a couple of hours; then strain it, and stir into it twelve ounces of fine white sugar, and two quarts of cream; mix these ingredients well, and freeze as directed for Apricot Ice Cream.

LEMON ICE CREAM WITH EGGS.

Grate the peel and squeeze the juice of five lemons upon a pound and a half of fine white sugar, and half a pint of water; put these ingredients over the fire, and reduce them to a thick syrup; then remove the syrup from the fire and strain it. Beat the yolks of twelve eggs with two ounces of fine white sugar, with which mix gradually two and a half quarts of milk; stir this mixture over the fire until it adheres to the spoon, then stir in the syrup, pass the whole through a sieve; when it is cold, freeze it as directed for Apricot Ice Cream, and when half frozen add a pint of whipped cream.

MOCK ICE CREAM.

Rub one tea-cupful of strawberry sweetmeat through a sieve, and add to it one quart of rich sweet cream; then dissolve one ounce of gelatine in half a pint of water, add a quarter of a pound of fine white sugar, stir all well together, and put it in your mould; when cold, turn out and serve.

ORANGE ICE CREAM.

Strain the juice of three lemons and six oranges, in which you have grated the peel of the oranges; when strained, mix it with one pound and twelve ounces of fine white sugar and two quarts of cream; mix it well, and freeze as for Apricot Ice Cream.

ORANGE ICE CREAM WITH EGGS.

Follow the directions given for making Lemon Ice Cream with Eggs, using the juice and rind of ten oranges instead of the lemons.

PINEAPPLE ICE CREAM.

Grate one pound and a quarter of fresh pineapple; mix it with half a pint of preserved pineapple syrup, the juice of three lemons, one pound of sugar, two quarts of cream; mix it well, pass it through a sieve, and freeze it as directed for Apricot Ice Cream.

PINEAPPLE ICE CREAM WITH EGGS.

Put into a stew-pan one grated pineapple, a pound of fine white sugar, and half a pint of water; reduce these, over the fire, to a thick syrup; then add gradually to the yolks of twelve eggs one and a half quarts of hot milk, place it over

the fire, stirring it until it adheres to the spoon; then add the pineapple syrup, mix the whole well and pass it through a sieve; freeze it as directed for Apricot Ice Cream; when half frozen add a pint and a half of whipped cream.

STRAWBERRY ICE CREAM.

Into one quart of the juice of fresh strawberries stir the juice of two lemons, two pounds of fine white sugar, and two quarts of cream; mix well, strain, and freeze as directed for Apricot Ice Cream.

RASPBERRY ICE CREAM may be made in the same manner and with the same proportions.

STRAWBERRY ICE CREAM WITH EGGS.

Into the yolks of twelve eggs, mix gradually one and a half quarts of milk; stir it over the fire until it adheres to the spoon, then pass it through a sieve, and add to it the juice of two pounds of fresh ripe strawberries, in which is dissolved a pound and a half of fine white sugar; stir in three glasses of Madeira, mix well, and freeze as directed for Apricot Ice Cream; when half frozen, add a pint of whipped cream, and a little prepared cochineal to give it a color.

VANILLA ICE-CREAM.

Pulverize half an ounce of vanilla with twelve ounces of white sugar, and stir it into two quarts of cream, strain it, and freeze it as directed for Apricot Ice Cream.

NO. 1. VANILLA ICE CREAM WITH EGGS.

Boil two sticks of vanilla in two quarts of milk, cover it, and let the vanilla infuse until the milk becomes lukewarm; then take out the sticks, and pour the milk upon the yolks of twelve eggs well beaten, with a pound of fine white sugar; place the whole over the fire, stirring it until it thickens and adheres to the spoon; then pass it through a sieve, let it cool, pour it into the freezer, and freeze as directed for Apricot Ice Cream; when half frozen, beat into it four glasses of Noyeau, (if you like,) and one and a half pints of whipped cream.

NO. 2. VANILLA ICE CREAM WITH EGGS.

Boil a vanilla bean in one quart of milk, until the milk is sufficiently flavoured; then take out the bean, stir into the

milk six well beaten eggs, and sugar to your taste, and boil it until it thickens; strain it, cool it, and freeze as directed for Apricot Ice Cream.

ICE CREAM FLAVORED WITH PEACH.

Beat together two eggs and twelve ounces of fine white sugar; pour gradually upon this mixture two quarts of new milk, and place the whole in a stew-pan, over the fire, and stir it until it is scalding hot, (it must not boil;) then remove it from the fire, and, when it is nearly cold, add to it one table-spoonful of distilled peach-water; mix it well, pour it into the freezers and freeze it, adding to it, when it is half frozen, one quart of whipped cream.

ICE CREAM FLAVORED WITH CURRANTS.

Boil one quart of currant juice with three pounds of white sugar, and pour upon it three quarts of boiling milk and one quart of whipped cream; mix it well, pour it into your freezer, and proceed as directed in Apricot Ice Cream.

APPLE-WATER ICE, OR SHERBET.

Boil the apples pared and cored, in sufficient water to float them, until they are reduced to a fine pulp; strain them, and to half a pint of apple-water add half a pound of fine white sugar, the juice of a lemon, and, if necessary, a little water; when cold, freeze as ice creams.

LEMON-WATER ICE, OR SHERBET.

To half a pint of lemon juice, add the grated rind of two lemons, three pints of water, and three quarters of a pound of fine white sugar, or more if necessary; let these stand until a syrup is formed, then strain it, mix it well, and freeze as ice cream; when half frozen, beat into it the whites of three eggs whipped to a stiff froth, with half a pound of fine white sugar.

ORANGE-WATER ICE, OR SHERBET.

This is made as above, substituting one pint of orange juice for half a pint of lemon juice.

PINEAPPLE-WATER ICE.

Mix one pound of grated pineapple with one pound and a half of fine white sugar, three pints of water, and the juice

of two lemons; let them stand until a syrup is formed; strain it, mix it well, and freeze it as ice cream.

RASPBERRY-WATER ICE.

With the juice of one quart of ripe raspberries and half a pint of ripe currants, mix one pound and three quarters of fine white sugar, three pints of water, and the juice of two lemons; strain it, mix it well, and freeze it as ice cream.

In this manner, all juicy fruits may be frozen; when they are frozen in moulds resembling the natural fruit, they make an elegant ornament to the table. An infusion of prepared cochineal will give many of them a natural color.

LEMONADE FOR ENTERTAINMENTS.

To the juice of six lemons and their yellow rind grated, add one and a half pints of water, half a pint of syrup, the white of an egg, and fine white sugar to your taste; mix these well together, strain it through a flannel, pour it upon sufficient fine ice to cool, and serve. If you do not wish to clarify it, omit the egg.

CHAPTER XXII.

BLANC MANGE, CREAMS, CHARLOTTE-RUSSE, FLUMMERY, SYLLABUBS, CURDS AND WHEY.

NO. 1. BLANC MANGE.

BLANCH twelve ounces of sweet, and two ounces of bitter almonds, drain them on a napkin, and pound them in a mortar—one dozen at a time—with four table-spoonfuls of fine white sugar; place the sugar and pounded almonds in a bowl, and pour upon them three and a half pints of soft water; cover the bowl, put it into a kettle of boiling water over the fire, and let it stand in the boiling water one hour; then strain off all the liquor through a cloth, wring it out of the cloth dry, and add to it one ounce and a half of clarified isinglass or patent gelatine;* stir it until the isinglass or gelatine is dissolved; then pour it into moulds previously wet with cold water and salt, let it stand in the moulds until it becomes hard and cold; then turn it out carefully upon dishes, and serve.

NO. 2. BLANC MANGE.

Pour one pint of boiling water upon half an ounce of gelatine, and let it stand until the gelatine is dissolved; then boil one third of the liquor away, and add two pints of cream; then remove it from the fire, stir into it the juice of two lemons, one glass of wine, and white sugar to your taste; when it has become cool, stir in the well beaten yolks of six eggs, and the well beaten whites of three; put this mixture over a slow fire, stir it until it boils, strain it, pour it into moulds previously wet with cold water and salt, let it stand in the moulds until it becomes hard and cold, then turn it out carefully upon dishes, and serve.

* "COX'S PATENT REFINED SPARKLING GELATINE," of English manufacture, is better than isinglass for Blanc Mange.

NO. 3. BLANC MANGE.

Wash half a pint of Carragen or Irish Moss in several waters, add to it one quart of milk, put it over the fire, and stir it until it boils; then remove it from the fire, strain it through a cloth into a pitcher, in which you have put one table-spoonful of fine white sugar, and one table-spoonful of rose-water; then turn it into moulds previously wet with cold water and salt, let it stand in the moulds until it becomes hard and cold, then turn it out carefully upon dishes, and serve.

NO. 4. BLANC MANGE.

In half a pint of water boil one ounce of isinglass or of gelatine, (which is better,) with a tea-spoonful of cinnamon, stirring all the time, until a jelly is formed; then stir in one quart of new milk, and sugar to taste, let it boil up once, remove it from the fire, strain it through a cloth, and pour it into moulds previously wet with cold water and salt; let it stand in the moulds until it becomes hard and cold, turn it out carefully upon dishes, and serve.

This is a good Blanc Mange for a sick person.

NO. 5. BLANC MANGE.

Wet two tea-cups of arrow-root with a little cold milk; stir this into one quart of boiling milk, with an ounce of sweet, and half a dozen bitter almonds, which have been blanched, pounded, and rubbed through a sieve; let the whole boil three or four minutes, stirring it continually; then pour it into moulds previously wet with cold water and salt; let it stand in the moulds until it becomes hard and cold, turn it out carefully upon dishes, and serve.

NO. 6. BLANC MANGE.

In two gills of water, boil, until it is entirely dissolved, one ounce of clarified isinglass, or of patent gelatine, (which is better;) stir it continually while boiling. Then squeeze the juice of a lemon upon half a pound of fine white sugar, stir the sugar into a quart of rich cream, and half a pint of Madeira or Sherry wine; when it is well mixed, add the dissolved isinglass or gelatine, stir all well together, pour it into moulds previously wet with cold water and salt, set the moulds upon ice, let them stand until their contents are hard and cold, then serve.

NO. 7. BLANC MANGE.

Dissolve two ounces of patent gelatine in cold water; when it is dissolved, stir it into two quarts of rich milk, with a quarter of a pound of fine white sugar; season it to your taste with lemon, or vanilla, or peach-water, place it over the fire and boil it, stirring it continually; let it boil five minutes; then strain it through a cloth, pour it into moulds previously wet with cold water and salt, let it stand on ice, or in any cool place, until it becomes hard and cold, turn it out carefully upon dishes, and serve.

NO. 8. BLANC MANGE.

Dissolve one ounce of clarified isinglass, or of patent gelatine, (which is better,) in one and a half pints of hot milk; then stir in the grated rind of half a lemon, half a grated nutmeg, a small tea-spoonful of cinnamon, two ounces and a half of fine white sugar, and two table-spoonfuls of Noyeau; boil the whole two or three minutes, then strain it through a cloth into half a pint of rich cream; stir all well together, pour it into moulds previously wet with cold water and salt, let it stand on ice or in any cool place until it becomes hard and cold, turn it out carefully upon dishes, and serve.

NO. 9. BLANC MANGE.

Into three pints of boiling milk, stir three table-spoonfuls of rice flour, one glass of rose water, and three table-spoonfuls of fine white sugar; stir it, then boil it two or three minutes, then strain it through a cloth, pour it into moulds previously wet with cold water and salt, let it stand until it becomes cold and hard, turn it out carefully upon dishes, and serve.

NO. 10. BLANC MANGE.

Dissolve one ounce of clarified isinglass, or of patent gelatine, (which is better,) in one pint and a half of milk; stir in one ounce of ginger, the juice of one lemon, and a quarter of a pound of fine white sugar; stir it well, strain it through a cloth, pour it into moulds previously wet with cold water and salt, let it stand until it becomes cold and hard, turn it out carefully upon dishes, and serve.

CREAMS.

NO. 1. ALMOND CREAM.

Blanch one pound of sweet and two ounces of bitter almonds; pound them, a few at a time, in a mortar, until each becomes a paste, pouring into the mortar, as you pound, a few drops of rose-water; then mix the almonds with one quart of rich cream, a quarter of a pound of fine white-sugar, and a little mace; put this mixture over the fire, and give it one boil-up, stirring it continually; then remove it from the fire, and continue stirring it until it becomes cool; then pour it into your glasses, and ornament it with the white of an egg beaten to a stiff froth, and heaped up on the cream.

NO. 2. ALMOND CREAM.

Blanch a quarter of a pound of sweet almonds, pound them as in No. 1, above, with six ounces of fine white sugar, and mix them well with the yolks of four eggs; then dissolve one ounce of patent gelatine in one quart of boiling milk, strain it through a sieve, and pour into it the other mixture; stir the whole over the fire until it thickens and is smooth, then pour it into your mould, and keep it upon ice, or in a cool place, until wanted; when ready to serve, dip the mould into warm water, rub it with a cloth, and turn out the cream carefully upon your dish.

APRICOT CREAM.

Cut one dozen ripe apricots in slices, put them into a stew-pan with half a pound of fine white sugar, half a pint of water, and the juice of one lemon; stew them over a slow fire until they are tender, when rub them through a sieve. Then dissolve one ounce and a half of patent gelatine in little more than half a pint of boiling milk, add the yolks of four eggs beaten, stir the whole over the fire until it thickens, when pass it through a sieve upon the apricot stew, stir the whole well together, pour it into your moulds or glasses, and keep it upon ice, or in a cool place until it is wanted.

NO. 1. CHOCOLATE CREAM.

Scrape finely one quarter of a pound of prime chocolate,

and pour gradually upon it as much boiling water as will entirely dissolve it; add four table-spoonfuls of fine white sugar, and beat it well fifteen minutes; then stir in gradually one and a half pints of rich cream, and beat the whole hard until it becomes a stiff froth; as the froth rises take it off and lay it in your glasses, heaping it up high above the tops of the glasses; keep it upon ice, or in a cool place until it is wanted.

NO. 2. CHOCOLATE CREAM.

Put a quarter of a pound of "Baker's Prepared Chocolate" into one quart of rich milk, in which a vanilla bean has been boiled; set it over the fire and boil it slowly until the chocolate is dissolved; then stir in gradually six well beaten eggs, continue stirring until it begins to boil up, then remove it from the fire, and stir it until it is cool; pour it into glasses or moulds, and keep it upon ice, or in a cool place, until it is wanted.

COCOA-NUT CREAM.

Cocoa-nut cream is made as NO. 1. ALMOND CREAM, substituting a pound of grated cocoa-nut for a pound of almonds.

ORANGE CREAM.

Put six ounces of fine white sugar into a stew-pan with the juice of four large oranges and the grated rind of two; boil it over a slow fire until a thick syrup is formed. Dissolve one ounce of patent gelatine in one quart of boiling milk, stir in the yolks of five eggs, stirring it over the fire until it thickens, but not letting it boil; then pass it through a sieve, add the syrup from the orange, stir it until it is cool, pour it into your glasses or moulds, and keep it upon ice, or in a cool place, until it is wanted.

PINEAPPLE CREAM.

Cut half a pineapple into small strips, put the strips into a stew-pan with half a pound of white sugar, a glass of Sherry or of water, and let it boil to a thick syrup. Dissolve an ounce of patent gelatine with the rind of the pineapple in a pint and a half of boiling milk; then strain the milk gradually upon the yolks of five eggs, stirring continually; put the whole over the fire, and stir it until it thickens, strain it

through a sieve, add the pineapple syrup, stir it until it is cool, pour it into your moulds or glasses, keep them upon ice, or in a cool place, until they are wanted.

VANILLA CREAM.

Beat to a cream the yolks of five eggs and six ounces of fine white sugar. Boil an ounce of patent gelatine with two sticks of vanilla, ten minutes, in half a pint of water, then add a pint of milk—stirring it occasionally to keep it from burning; remove the stew-pan from the fire, cover it, let it cool a little; then take out the vanilla, mix in the eggs and sugar, and stir the whole over the fire, (not letting it boil,) until it becomes thick and adheres to the spoon; pass it through a sieve into a round bowl, and let it cool; then set it upon ice, and stir into it four glasses of Noyeau; when on the point of setting, stir in three gills of whipped cream; mix it well, pour it into your mould, and keep it upon ice until it is wanted.

STRAWBERRY CREAM is made by adding to a cream prepared as above, just as you are ready to pour it into the mould, half a pound of fresh strawberries, placing them here and there while pouring it into the mould.

CHARLOTTE RUSSE.

With a sharp knife cut out smoothly the interior of a large sponge cake, leaving the bottom and the sides standing. Make a rich boiled custard, (see Custard Puddings, Chapter XV.,) of one pint of cream, one pint of milk, eight eggs, and flavored with vanilla or peach water; mix this custard with an ounce of isinglass, or patent gelatine, previously boiled to a jelly in a little water; stir them well together, and sweeten them with fine white sugar; then whip to a stiff froth one pint of rich cream, flavored with rose-water; take off the froth as it stiffens, and add it gradually to the custard, stirring it all the time; pour this mixture into the mould already formed in the sponge cake; cover the whole with an icing, (see Chap. XVIII.,) and keep it upon ice until it is wanted.

CHARLOTTE RUSSE, WITH VANILLA.

Line a plain round mould with Savoy Biscuits, (see Chapter XVII.,) cutting off the end of some, to make them stand

upright around the sides, and lapping others over each other at the bottom to form a rosette. Fill the mould, thus prepared, with Vanilla Cream, (see page 223,) and keep it upon ice until it is wanted.

CHARLOTTE RUSSE, IN MOSAIC.

Cover the bottom of a plain round mould with black and white grapes, strawberries, bits of stewed apple, pears, or any fruit in season, variegating them as much as possible to imitate mosaic; set the mould upon ice, and pour into it a little clear jelly, sufficient only to cover the fruit; line the sides of the mould with Savoy Biscuits, (see Chapter XVII.)

Put into a stew-pan one and a half ounces of isinglass, or of patent gelatine, (which is better,) half a pint of water, the juice of two lemons, and six ounces of fine white sugar; boil all together until it is reduced one-half; skim it and pass it through a sieve into a bowl; when it has become cool, add four glasses of Madeira wine and two glasses of brandy; and when it is on the point of setting, stir into it one pint of cream well whipped. Pour this preparation into the mould or moulds, prepared as above, and keep it on ice until it is wanted.

CHARLOTTE RUSSE, WITH STRAWBERRIES.

Line a plain round mould with large ripe strawberries, in the following manner:—Bury the mould up to its rim in ice, cut the strawberries in halves, dip them in Calf's Foot Jelly, which must be cold, but not set, cover the bottom of the mould with the strawberries, the cut side downwards, then build them up to the sides of the mould in the same position; the jelly will make them adhesive; when this is finished, fill the mould with cream as prepared for Charlotte Russe, or for Charlotte Russe in Mosaic; keep the mould upon ice until it is wanted; then dip the mould in warm water, and empty it carefully upon your dish.

The cream which you pour into the mould must be very nearly set when you put it in, or it will run between the strawberries and produce a bad effect.

CHARLOTTE RUSSE, WITH PINEAPPLE.

Peel and cut a pineapple in slices, put the slices into a

stew-pan with half a pound of fine white sugar, half an ounce of isinglass, or of patent gelatine, (which is better,) and a wine glass of water; stew it until it is quite tender, then rub it through a sieve, place it upon ice, and stir it well; when it is upon the point of setting, add a pint of cream well whipped, mix it well, and pour it into a mould lined with Savoy Biscuits, (Chapter XVII.,) or prepared in any other way you prefer.

CHARLOTTE PRUSSIENNE.

Cover the bottom of a plain round mould, to the depth of half an inch, with crimson jelly flavored with a little brandy; place the mould upon ice and line it with Savoy Biscuits, (see Chapter XVII.;) fill it with the same preparation as in the preceding receipt, and keep it upon ice until it is wanted; then dip the bottom of the mould very quickly in warm water, and turn it over upon your dish.

APPLE FLUMMERY.

Peel and quarter twenty small pippins, and stew them with the juice of two lemons, two glasses of Sherry, half a pound of fine white sugar, and an ounce of clarified isinglass or of patent gelatine; stew the whole over a moderate fire, (moving the contents of the pan occasionally,) until it is quite tender; then strain the stew through a sieve, add a glass of Madeira wine, stir it, place it upon ice, and when it is on the point of setting add to it a pint of cream well whipped, and pour it into your mould; keep it upon ice until it is wanted, then dip the mould into warm water, and turn it out upon your dish.

APRICOT FLUMMERY.

Cut in halves twelve ripe and fleshy apricots, stone them, and stew them, until they are quite tender, with half a pound of fine white sugar, the juice of two lemons, and an ounce of isinglass, or of patent gelatine, dissolved in a little water; rub the stew through a sieve, put it into a basin, and stir it upon ice; when it is upon the point of setting, add a pint of cream well whipped, and pour it into your mould.

LEMON FLUMMERY.

Dissolve an ounce of patent gelatine in a pint of water,

and stew it with a table-spoonful of rose-water, the juice and rind of three lemons, a pound and a half of fine white sugar; when this is quite hot, stir in gradually a pint of cream, and the well beaten yolks of six eggs; let the whole boil together, stirring all the while; then remove it from the fire, strain it, stir it until it becomes lukewarm, then pour it into moulds, and keep it upon ice until it is wanted.

ORANGE FLUMMERY.

Orange Flummery is made as above, using the juice of six large oranges instead of three lemons.

PEAR FLUMMERY.

Peel, core, and slice one and a half dozen small pears; put them into a stew-pan with the juice of two lemons, half a pint of water, twenty bitter almonds, blanched and chopped finely, half a pound of fine white sugar, and an ounce of patent gelatine; stew the whole over a moderate fire until it is quite tender; then rub it through a sieve into a bowl, stir it upon ice, and when it is upon the point of setting, add a pint of cream well whipped, and pour into your mould.

RICE FLUMMERY.

Into two-quarts of boiling milk, stir half a pound of rice flour, until it becomes a smooth, thick batter; add a quarter of a pound of fine white sugar, let it boil five minutes, remove it from the fire, season it with vanilla and rose-water, or with cinnamon and peach water, stirring it until it is cool, then pour it into moulds, and keep it upon ice. Make a rich boiled custard, flavored as the flummery, with the proportions of four eggs and four table-spoonfuls of sugar to one pint of milk. Serve the custard in a tureen, with the flummery.

STRAWBERRY FLUMMERY.

Mix half a pound of fine white sugar with two pounds of fresh ripe strawberries, and let them stand half an hour; then rub them through a sieve into an ounce of patent gelatine, previously dissolved in a little water and boiled and strained; stir the whole upon ice, and when it is on the point of setting, stir into it a pint of cream well whipped, pour it into your mould, and keep it upon ice until it is wanted.

RASPBERRY FLUMMERY is made in the same manner, using one and a quarter pounds of raspberries and six ounces of currants. Or, either of the above fruits may be stewed with sugar, and the juice strained upon the dissolved gelatine.

CAKE SYLLABUB:

Cover the bottom of a large glass dish with thin slices of sponge or almond cake, and pour on wine sufficient to moisten the cake; then into one quarter of a pound of fine white sugar, stir gradually one quart of rich cream, stirring it and whipping it until it is a stiff froth; season it with lemon, and pile it high upon the cake in the glass dish; ornament the top with forms of currant or strawberry jelly.

CURDS AND WHEY.

Take two quarts of rich milk, place it in a pitcher, and the pitcher in a kettle of hot water, stir into it four ounces of sugar and two table-spoonfuls of rose water; when the milk is a little warm, stir into it one gill of rennet wine, (see Chap. XXIV.,) then pour it into the dish you intend to serve it in, and let it stand till cold. This preparation may be flavored with vanilla, or peach, or any other flavoring that may be preferred, and is a very pleasant dessert in hot weather.

CHAPTER XXIII.

MARMALADES, JAMS, JELLIES AND PRESERVES.

APPLE MARMALADE.

Pare, core, and slice three pounds of apples, put them into a stew-pan with cold water sufficient to cover them, half a spoonful of powdered cinnamon and the juice of one lemon, and boil the whole until it is reduced to a fine pulp; pass the pulp through a colander, and to every pound of it add one pound of fine white sugar, return it to the fire, stir it, and boil it until it becomes a thick jelly; then set it aside to cool; when it has become cold, pour it into jars or moulds, spread on the surface of each jelly a paper dipped in brandy, cover each jar or mould tightly, and keep it in a cool and dry place until it is wanted.

APRICOT MARMALADE.

Stone ripe and fleshy apricots, take the meats from the stones, blanch the meats and put them with the apricots into a stew-pan, with water enough to cover the bottom of the pan; reduce the whole, by boiling, to a fine pulp; pass the pulp through a colander, and to every pound of it add one pound of fine white sugar, return it to the fire, stir it and boil it until it becomes a thick jelly; then pour it into jars or moulds, and when it is cold lay on the top of each jelly a paper dipped in brandy, and cover each jar or mould tightly, and keep it in a cool and dry place until it is wanted.

CHERRY MARMALADE.

Remove the stones and stalks from the cherries, and rub the cherries through a sieve; add to this result a little currant juice, say half a pint to every three pounds of cherry; put the whole over the fire, stirring into it three quarters of a pound of fine white sugar to every pound of the fruit, and

boil it until it becomes a thick jelly; pour it into jars or moulds, and when it is cold, spread on the top of each jelly a paper dipped in brandy, cover each jar or mould tightly, and keep it in a cool and dry place until it is wanted.

CURRANT MARMALADE, OR JAM.

This is made in the same manner as Cherry Marmalade, using currants alone, and adding to every pound of currant pulp and juice, one pound of fine white sugar.

QUINCE MARMALADE.

Peel, quarter, and core the quinces; put them into a large stew-pan, cover them with cold water, and boil them until they are tender; then drain them, rub them through a colander, add to them their weight in fine white sugar, put the whole over the fire, and stir it and boil it until it forms into thin sheets; drop a little upon a plate, and if it sets quickly take the whole from the fire, pour it into small jars or moulds, let it stand until it is perfectly cold, cover the top of each jelly with papers dipped in brandy; cover each jar or mould tightly, and keep it in a cool and dry place until it is wanted.

RASPBERRY MARMALADE, OR JAM.

Pass the raspberries through a fine sieve to extract their seeds, add to them their weight in fine white sugar, and boil them, and stir them over the fire until you can just see the bottom of the stew-pan; treat it as Quince Marmalade.

STRAWBERRY MARMALADE, OR JAM.

Put six pounds of ripe red strawberries into a stew-pan with five pounds of fine white sugar; boil it, and stir it over a sharp fire until the surface is covered with clear bubbles; try a little upon a plate, if it sets, fill the jars as before, cover the top of each marmalade with papers dipped in brandy, cover each jar tightly, and keep it in a cool and dry place until it is wanted.

APPLE JELLY.

Pare, quarter, and core, any good baking apples, cover them with cold water, and stew them until they are reduced to a pulp; then rub the pulp through a sieve, catch the

liquor in a bowl, and strain it through flannel; with every pint of this filtered liquor mix one pound of fine white sugar, and boil the whole, skimming and stirring it, until it falls in thin sheets from your spatula;—or you may try it by dropping a little into a tumbler of cold water; if the jelly is done, it will sink in a mass to the bottom of the tumbler;—then pour it into tumblers or half pint jars, let it stand twenty-four hours, or until it has settled, and become solid, then cover each jelly with a paper wet with brandy, cover tightly each tumbler or jar, and keep it in a cool and dry place until it is wanted.

BARBERRY JELLY.

Pick over nicely ripe barberries, put them into a stew-pan with cold water to cover them, and with three quarters of a pound (or perhaps more,) of fine white sugar to every pound of the fruit; boil it until it is reduced to a fine pulp; then rub it through a fine sieve, catch the liquor in a bowl, strain it through a flannel, boil it, and finish it as Apple Jelly, above.

CALF'S FOOT JELLY.

Cut up four calf's feet, and put them into a stew-pan and over the fire with six quarts of water; when it boils, remove it to a corner of the fire, and let it simmer slowly five hours, reducing it to two quarts; then strain it through a hair sieve into a bowl, and let it stand in a cool place until it becomes firm; then take off from the top as much of the oil as you can with a spoon, wash off the remainder quickly with a little hot water, wipe it dry, put it into a stew-pan with one pound of fine white sugar, the juice of six lemons, the grated rind of two lemons, the whites of six eggs with the shells, and one pint of Madeira wine; put the stew-pan over the fire, and whisk about its contents until they boil; strain it through a jelly-bag, pouring that which first runs through back again until it runs through clear, pour it into moulds, and keep it in a cool place until it is wanted.

This jelly may be flavored, while boiling, as you require.

CURRANT JELLY.

Use currants that are ripe, plump, and sound. Having picked them, put them into a clean vessel, set the ves-

sel in hot water until the currants are scalded; then squeeze them through a linen cloth; put the juice into a stew-pan, adding one pound of fine white sugar to every pint of the juice; put the whole over the fire, stir it frequently, and just before it comes to a boil skim it well; let it boil three minutes, then try it by dropping a little into a tumbler of cold water; if the jelly is done, it will sink in a mass to the bottom of the tumbler; if it is not done, boil it three minutes longer; five minutes is generally time enough to make it a jelly: when it is done, pour it immediately into glass tumblers or half-pint jars, let it stand twenty-four hours, or until it has settled, and become firm, then spread upon the top of each jelly a paper wet with brandy, tie covers firmly over the top of the glasses or jars, and keep it in a cool or dry place until it is wanted.

WHITE CURRANT JELLY, AND BLACK CURRANT JELLY,

Are made in the same manner; but the black currants require less sugar than either the white or the red currants.

CURRANT AND RASPBERRY JELLY.

Pick over a quart of red currants, a quart of white currants, and a quart of raspberries; put the whole over the fire, stir them, and boil them about ten minutes, then rub them through a sieve, strain the liquor while hot through a jelly-bag, add a pound of fine white sugar to every pint of the liquor, boil it; and treat it as directed for Apple Jelly.

PINEAPPLE JELLY.

Pare and grate the pineapple, and put it into the preserving-pan with one pound of fine white sugar to every pound of fruit; stir it, and boil it until it is well mixed, and thickens sufficiently; then strain it, pour it into the jars, and when it has become cool, cover the jellies with papers wet in brandy, cover the jars tightly, and treat them as Apple Jelly.

QUINCE JELLY.

Follow the directions given for making APPLE JELLY, using quinces instead of apples. See also "TO PRESERVE QUINCES," page 238.

WHORTLEBERRY JELLY.

Pick and wash one quart of ripe whortleberries, and one quart of ripe white currants, put them into a pitcher, or any similar convenient vessel, cover the pitcher closely, place it in a kettle of boiling water over the fire, and let the fruit boil constantly for one hour and a half; then strain the liquor through a fine wire sieve into a preserving-pan, and add one pound of fine white sugar to every pint of the liquor, then boil the liquor five minutes, remove it from the fire, and let it stand until it has become cool, when pour it into the jelly glasses, and let it stand in the glasses twenty-four hours; then cover the top of each jelly with a circular paper wet with brandy, cover the glasses tightly, and keep them in a cool place until the jelly is wanted.

WINE JELLY.

Put two ounces of clarified isinglass and two ounces of white sugar candy into a jar, with one bottle of Port or Sherry wine; put the jar into a kettle of boiling water, over the fire, and stir its contents until all the isinglass is dissolved; then remove it from the fire, and stir it until it becomes cold; when it is cold, put it into the jelly glasses or moulds, put a paper wet with brandy upon the top of each jelly, cover them tightly, and keep them in a cool place until they are wanted.

The addition of a stick of cinnamon will make this jelly an astringent. It is very grateful to invalids.

TO PRESERVE APRICOTS.

Select apricots that are ripe, fleshy, and hard; pull off their skin; or, if you prefer, dip them in boiling water, rub off all their impurities, and let the skin remain; cut a slit in the side of each, and take out the stone; then put the apricots into the preserving-kettle, covering its bottom an inch deep with cold water; cover the kettle closely, and boil the apricots three minutes; then add three quarters of a pound of fine white sugar to every pound of the fruit, and continue boiling until the apricots are tender; take them from the kettle, with a perforated skimmer, as fast as they are done, and lay them separately upon a broad platter to cool; when all are out, boil the syrup that remains in the preserving-kettle

until it thickens, and adheres to your spoon, then put the apricots into it, give them one boil-up, and they are done. Let the whole stand twenty-four hours to cool; then put it into jars, lay a round paper wet with brandy on top of each preserve, cover each jar closely, so that the air cannot enter it, and keep it in a cool place until it is wanted.

TO PRESERVE DAMSONS.

Select ripe and perfectly sound damsons; if they are gathered as soon as they are colored, which is before they are ripe, they will be too bitter for preserves. After washing them, put them into the preserving-pan, covering its bottom an inch deep with cold water, cover the pan closely, put it over a moderate fire, and as soon as the fruit boils, add to it one pound of fine white sugar to every pound of the fruit; take the pan by the handle, and shake it gently in order to moisten all the sugar; if you put a spoon into the pan you will bruise the fruit; now boil the fruit two minutes, then take it out with a perforated skimmer, and lay it upon a colander to drain, catching the liquor that drains from it; boil the syrup until it thickens, and adheres to the skimmer, adding the liquor that drained through the colander; then return the fruit to the hot syrup, let it boil three minutes, and the damsons are done.

If the syrup is too much reduced by adding the fruit, boil it again, and pour it boiling hot upon the fruit; when done, let it stand twenty-four hours, then put it into jars, lay a paper wet with brandy on the top of each preserve; cover each jar tightly, that the air may not enter it, and keep the jars in a cool and dry place.

TO PRESERVE GREEN GAGES.

Green gages perfectly ripe are too delicate to make a handsome preserve. Select those that are fully grown, perfectly sound, and not quite ripe. Weigh them, and to every three pounds of fruit allow three pounds of fine white sugar and half a pint of cold water; put the sugar and water into the preserving-pan and over a moderate fire; and when the sugar is entirely dissolved, put the green gages into the pan, one by one; let them scald, then take them from the syrup and boil the syrup until it is quite thick, then put the plums

into it again, and boil them five minutes; take them out carefully with a perforated skimmer, and put them into a deep and large bowl. Boil the syrup a few minutes longer, then pour it hot upon the plums; let the whole stand twenty-four hours, then fill your jars with the preserve, put a paper wet with brandy upon the top of each preserve, cover each jar tightly, that the air cannot enter it, and keep the jars in a cool place until wanted.

TO PRESERVE GREEN MELONS.

For preserves, the rind of a nice ripe watermelon is quite as good as the rind of a green citron.

Soak the rinds in salt and water for three days, and one day longer in clear water; cut off the green skin with a very sharp knife, so as to make a smooth surface; cut the rinds into pieces resembling in form the quarter of a lemon, weigh them, and to every pound of the melon allow one pound of fine white sugar; sprinkle the sugar over the melon, and let the whole stand twenty-four hours; then add to every pound one lemon cut in rings, taking out the seeds of the lemon; put the whole into the preserving-kettle with half a pint of water to every two pounds of the mixture, and boil five minutes; then take out the melon and lemon, spread them on a broad dish to cool, boil the syrup until it is thick and ropy, return the melon and lemon to it, and boil the whole three minutes, and, if now tender, it is done. Take the lemon from the melon and syrup, and let the melon and syrup stand twenty-four hours; then pour it into jars, put a paper wet with brandy on top of each preserve, cover each jar tightly, that the air cannot enter, and keep in a cool place until wanted.

Lay each piece of the lemon by itself upon a hair sieve, sugar it, let it dry outside, sugar it again, and dry on a board in a warm oven; as often as it becomes moist, sugar it and dry it. This is CANDIED LEMON PEEL, and is a useful seasoning in cakes, pies, &c.

TO PRESERVE ORANGES,—THE PEEL.

Nassau oranges are the best for preserves. Take off the peels in halves, weigh them, and for every pound set aside one pound of fine white sugar. Soak the peels, under cover,

in salt and water for twenty-four hours; then put them into the preserving-pan with cold water enough to cover them, boil them five minutes, turn off that water, replace it with fresh water, and boil the peels until they are quite tender; then remove them from the liquor in which they are boiling, add to this liquor the sugar previously weighed, and set aside, and clarify the whole by stirring one beaten egg to every two quarts of the compound; skim it, boil it until it becomes thick, pour it over the peels, and let the peels stand until they are cold. Then return the whole to the preserving-pan, place it over the fire, boil it ten minutes, remove the peels, boil the syrup again until it is very thick, return the peels to it, give the whole one boil-up, turn it out, let it stand to cool, pour it into jars, put a paper wet with brandy on the top of each preserve, cover each jar tightly, that the air cannot enter it, and keep the jars in a cool place until wanted.

TO PRESERVE ORANGES,—THE INTERIOR.

Peel a firm West Indian squash, scrape out its core and seeds, and cut it into the form of orange quarters; weigh the pieces, steep them three or four hours in orange juice, put them into a preserving-pan, adding, for every pound of the squash, one pound of fine white sugar, half a pint of orange juice, one grated orange peel, one grated lemon peel, and a little water; let the whole boil one minute; then take out the squash, lay it upon a broad dish to cool, and boil the syrup until it adheres to the skimmer; then return the squash to the syrup, and boil the whole five minutes; then take out the squash, boil the syrup again until it adheres to the skimmer, pour it boiling hot upon the squash, and let the whole stand twenty-four hours; then pour it into jars, put a paper wet with brandy on the top of each preserve, cover each jar tightly, that the air cannot enter it, and keep the jars in a cool place until they are wanted.

TO PRESERVE PEACHES.

Select fair, sound, and ripe, but not mellow, peaches, and pull off their skins smoothly. Weigh the fruit, and for every pound set aside one pound of fine white sugar; put the peaches into a broad pan, cover them with the sugar, and let them stand three or four hours; then put the whole care-

fully into a preserving-pan, (do not bruise the peaches,) and over a moderate fire; cover the pan closely, and let its contents steam until all the sugar is dissolved; then quicken the fire, and boil the fruit five minutes; take the peaches from the syrup with a perforated skimmer, spread them upon a broad dish to cool, and boil the syrup until it thickens, and will adhere to a spoon; then return the peaches to the syrup, and boil the whole five minutes; take the peaches again from the syrup, spread them again upon a broad dish, to cool; boil the syrup again until it thickens, and adheres to a spoon, and again return the peaches to it; now give the whole one boil-up, and the preserves are done.

Take now the peaches carefully, and with a perforated skimmer, from the syrup; lay them in a broad pan, pour the syrup over them, and let the whole stand twenty-four hours; then put the preserves into jars, and upon the top of each preserve lay a paper wet with brandy; cover each jar tightly, that no air may enter it, and keep the jars in a cool place until they are wanted.

TO PRESERVE PEARS.

Vergaloo and St. Michael pears are the best for preserves.

Select those that are fair, sound, and ripe, but not mellow; wipe them very clean, pare them, boil the parings until they are tender, strain off the water in which they were boiled, and pour it into the preserving-pan. Weigh the pears, put them into the preserving-pan, and as soon as they boil, add three quarters of a pound of fine white sugar to every pound of the fruit; let them boil until they are tender; then take them from the pan with a perforated skimmer, and spread them upon a broad dish to cool; boil the syrup until it adheres to the skimmer, return the pears to the syrup, give them one boil-up, and they are done; now take the pears carefully from the syrup, and put them into a broad pan; boil the syrup again until it adheres to the skimmer, then pour it boiling hot upon the pears, and let the whole stand twenty-four hours; then put the preserves into jars, and upon the top of each lay a paper wet with brandy; cover each jar tightly, that the air cannot enter it, and keep it in a cool place until wanted.

TO PRESERVE PINEAPPLES, WHOLE.

Clean the outside of sound pineapples, by brushing them

with a stiff brush; but in cleaning them do not break off or remove any of their green leaves. When they are cleaned to your satisfaction, put them into a preserving-pan with water enough to cover them, and let them boil until they are quite tender; then take them from the water, and with a sharp knife cut off the leaves, and pare off smoothly the outside of each, carefully removing every defect; then put them into a broad pan, and cover them entirely with fine white sugar—allowing one pound of the sugar to every pound of the fruit,—and let them stand, thus covered, twenty-four hours; then put the fruit and sugar into the preserving-pan, and boil it five minutes; then remove the pineapples, with a perforated skimmer, from the syrup to a colander; boil the syrup until it thickens, and adheres to the skimmer, return the pineapples to it, give the whole one boil-up, and it is done.

Turn the preserves in a deep dish, and let them stand twenty-four hours; then put them away in jars, with a paper wet with brandy on top of each preserve; cover each jar tightly, that the air cannot enter, keep them in a cool place, and they will, like other preserves treated thus, keep good for years.

TO PRESERVE PINEAPPLES, IN SLICES.

Cleanse sound pineapples, as directed above, with a stiff brush; pare them smoothly with a very sharp knife, removing every defect, and put the parings into a dish with cold water; cover the dish, and place it in a kettle of boiling water, and, as soon as the parings are scalded, strain off their water into the preserving-pan. Weigh the pineapples, and set aside their weight in fine white sugar; cut them in slices half an inch thick, put the slices into the preserving-pan with the water in which the parings were scalded, and boil them two minutes; then add the sugar, and boil the whole two minutes longer; then take out the slices with a perforated skimmer, lay them separately upon a broad dish to cool, and boil the syrup until it thickens, and adheres to the skimmer, then return the slices to the syrup, and give the whole one boil-up; take out the slices again carefully, boil the syrup again until it thickens, and adheres to the skimmer, and then pour it boiling hot upon the slices of

pineapple. Now let the whole stand twenty-four hours; then put into jars, lay a paper wet in brandy upon each preserve, cover each jar tightly, that the air cannot enter, and keep it in a cool place until wanted.

TO PRESERVE QUINCES.

Select the fairest and soundest quinces, wipe them, cut out every defect, pare them smoothly with a sharp knife, cut them in rings an inch thick, and take out the cores.

Boil the cores and parings—until they are soft and pulpy—in water double in quantity the amount of syrup which you desire to make; then strain off the liquor in which the cores and parings were boiled, and pour it into the preserving-pan, to which add the quinces, a few at a time, and let each piece boil four or five minutes.

Have ready the weight of the quinces in fine white sugar, into which sugar put the pieces of quince as you take them from the preserving-pan, after they have boiled the four or five minutes; when all the pieces have been taken up and put into the sugar, return them again to the preserving-pan with all the sugar. If the liquor in the preserving-pan has wasted, so that it is not more than sufficient now to cover the quinces, add a little water. When you have returned the quinces to the pan, boil them until they are quite tender, and take them out carefully, with as much of the syrup as there is above what is necessary to put with the preserves; set this syrup aside, and boil the remainder of the syrup until it thickens, and adheres to the spoon; then pour it boiling hot over the quinces, and let the whole stand twenty-four hours.

If at the end of that time the bottom of the syrup is a jelly, and the top is thin, return the whole to the preserving-pan, and give it one boil-up; then take out the quinces, let the syrup boil a few minutes, pour it boiling hot upon the quinces, and let the whole stand until it is cold.

When it is cold, put it into your jars, with a paper wet in brandy upon the top of each preserve; cover each jar tightly, that the air cannot enter it, and keep it in a cool place until wanted.

The surplus syrup which you set aside, is not needed by

the quinces. It may be made into excellent jelly, in the usual way.

PRUNES are much better when stewed in it than when stewed in plain sugar and water.

TO PRESERVE STRAWBERRIES.

Select large ripe strawberries, pick them over, and set aside their weight in fine white sugar; put a layer of the fruit into the preserving-pan, then a layer of the sugar, then a layer of the fruit, and so on until you have as much in the pan as will boil well. Place the pan over a moderate fire, and just before it comes to a boil, remove all the scum; let it boil slowly four minutes; then take out the fruit with a perforated skimmer. Spread this fruit upon a broad dish, and put into the preserving-pan more fruit and sugar, which skim and boil as before; and thus proceed until all the strawberries are boiled.

Then boil the syrup until it thickens, and adheres to the skimmer; pour it boiling hot upon the fruit, and let the whole stand twenty-four hours. If, at the end of this time, the syrup is thin, return the syrup and berries to the fire, and give them one boil-up; let them cool; when they are cold, pour them into jars; cover each preserve with a paper wet in brandy, cover each jar tightly, that the air cannot enter it, and keep it in a cool place until wanted.

Another mode of preserving strawberries, but which I think is not as good as the above, is to arrange the fruit and sugar in layers in the jars; put the jars into hot water, and scald the fruit once; then cover the jars tightly, that the air may not enter them, and keep them in a cool place until wanted.

RASPBERRIES are preserved as strawberries, using a little less sugar.

TO PRESERVE CRAB-APPLES.

Select sound crab-apples before they are perfectly ripe; take out the cores with a very small tin tube, and wash the apples in a colander; weigh the fruit, and allow one pound of fine white sugar to every pound of the fruit, and half a pint of water to every three pounds of the sugar.

Dissolve the sugar in the water over a moderate fire, and when it is dissolved, and before it is hot, put in the apples,

and stew them over a slow fire for four or five minutes, or until they look clear, but not until they are soft; then take them out with a perforated skimmer, and spread them upon a flat dish to cool. Skim the syrup, and reduce it, by boiling, until it falls in sheets from the skimmer; then return the fruit to the syrup, and boil the whole four or five minutes, or until the fruit is very tender; then remove the whole from the fire, and let it stand two or three days before you put it up. If, during this time, the syrup becomes thin, separate it from the fruit, and boil it again until it thickens as before.

At the end of two or three days put the preserves into jars, lay a paper wet with brandy on top of each preserve, cover the jars tightly, that no air can enter, and keep them in a cool place until wanted.

TO PRESERVE BORDEAUX PRUNES.

If you stew the prunes in quince syrup, (see "To Preserve Quinces,") put one pint of the syrup to two pounds of prunes in a preserving-pan and over a moderate fire; cover the pan closely, so that no steam can escape, and if the prunes are of the best quality, (which is usually imported in glass jars,) fresh, large, and juicy, they will be sufficiently cooked in less than ten minutes; other qualities will require more syrup, and much longer stewing, before they will become tender.

Another mode is:—Put two pounds of the best quality of prunes into a preserving-pan with one pound of fine white sugar and one tea-cup of water; cover them closely, so that no steam can escape, and stew them until they are tender, which will be in less than ten minutes. Inferior qualities of prunes require more sugar and water, and much longer stewing.

Preserved prunes will not keep good more than two or three weeks.

TO PRESERVE FIGS.

Select figs that are full grown, but not ripe; peel them, and to every pound of the fruit add three quarters of a pound of fine white sugar, half a pint of water, and a stick of cinnamon; boil this mixture until the figs are tender; then take out the figs, and boil the syrup until it adheres to the

spaddle, when return the figs to the syrup, give the whole a boil-up, and the preserves are made.

Let them stand until they become cold, then pour them into jars, lay upon each preserve a paper wet with brandy, cover each jar tightly, that the air cannot enter it, and keep in a cool place until wanted.

BRANDY PEACHES.

To preserve peaches or any fruit in brandy, take those that are already preserved whole, drain them, put them into a wide-mouthed jar or bottle, fill the bottle with the fruit, and then with the best of French brandy; cork the bottles tightly, and keep them in a cool place until wanted.

CHAPTER XXIV.

MISCELLANEOUS.

TO CLARIFY ISINGLASS.

PUT the isinglass, say a quarter of a pound, into a stew-pan with a tea-spoonful of white sugar, and cold water sufficient to cover it. Put the stew-pan over the fire, shaking it occasionally, to prevent the isinglass adhering to its bottom, and when it is upon the point of simmering, add the juice of half a lemon; let the whole simmer about a quarter of an hour, skim it, and pass it through a fine cloth; if the isinglass is good, it will strain as clear as crystal. If it is clouded when strained, clarify it again in the following manner:—Pour it into a large stew-pan with half a gill of water, and when it is on the point of boiling, add the white of an egg previously whipped, with half a gill of water; keep whisking the whole over the fire until it boils; then let it simmer slowly until it is reduced to its former consistency; it will keep good a few days in a cool place.

Isinglass must be clarified for all Blanc Manges, Jellies, &c.

TO MAKE CONFECTIONER'S PASTE.

Dissolve one pound of fine white sugar in twelve eggs, and with one pound and a half of sifted flour work up a stiff paste; work it well, and it is ready for use. Should it be too stiff to mould without breaking, add more eggs; if it should be too soft, add more sifted flour.

TO MAKE GUM PASTE.

Soak two ounces of gum tragacanth in one quart of pure water for twenty-four hours, keeping it covered; then turn off the water, squeeze all the gum through a cloth, and work it with your hand until it is as white as cream; work into it gradually its weight in sifted starch-powder, and its weight in fine white sugar, working it with your hand until it becomes a stiff paste, firm enough to roll, and cut into any shape required.

TO MAKE CURRIE POWDER.

Pulverize and mix well together the following:—One ounce of ground turmeric, one ounce of black pepper, half an ounce of coriander seed, half an ounce of fenegreek, half an ounce of cummin seed, a quarter of an ounce of Cayenne pepper, and one eighth of an ounce of ground cloves; keep the mixture in a wide-mouthed bottle, closely corked.

BENGAL CURRY.

Pulverize and mix well together one ounce of coriander seed, one ounce of tamarinds, half an ounce of turmeric powder, a quarter of an ounce of caraway seed, two tea-spoonfuls of salt, a pinch of Cayenne pepper, and one pip of garlic; with this mixture, well prepared, rub thoroughly three or four pounds of beef or any kind of meat; then put the meat into a stew-pan with one tea-cup of water and half a pound of butter, and let it stew for one hour.

AN EXCELLENT TEA BISCUIT.

Rub one ounce of butter into one and a quarter pounds of sifted flour, add one tea-spoonful of salt and two of cream of tartar, and mix all well together; then beat together two eggs with two table-spoonfuls of fine white sugar; put the egg and sugar into a pint of milk, and pour the milk into the other ingredients; mix well, add one tea-spoonful of supercarbonate of soda, knead, mould, and bake immediately.

FRIED BREAD AND DIP.

Roll some light biscuit dough an eighth of an inch thick, cut it in forms three inches long, and one inch wide, and fry in hot lard, shaking the kettle while frying; fry to a light brown. Have ready a dip made by stirring into boiling milk,—say one pint,—one tea-spoonful of salt and one quarter of a pound of butter into which one table-spoonful of sifted flour is braided; break open each fried cake, drop it into the dip, put them into your dish, and when the dish is full, pour in as much of the dip as you like, and serve. This is an excellent breakfast.

RICH MILK TOAST.

Put a pint of rich milk into a sauce-pan and over the fire,

and when it boils, stir in one tea-spoonful of salt and a quarter of a pound of butter, into which one table-spoonful of sifted flour is braided. Into this dip each slice of toast, fill your dish with the wet slices, pour over the slices as much of the dip as you like, and serve.

A NEW YEAR'S PIE.

Boil a neat's tongue, skin it, and put it into a boned chicken; put the boned chicken into a boned duck; put the boned duck into a boned turkey; put the boned turkey into a boned goose; season the whole with lemon and spice to your taste, and bake it in a hot oven. Make a jelly of beef's feet, as jelly is made of calf's feet, (chap. XXIII.) when the fowls are baked, put them into a deep dish, or into a deep-plated dish cover, with the breast of the goose downwards; then pour upon them the jelly, covering the fowls with it; set the whole away, for the jelly to harden; when it has become hard and stiff, turn the whole out carefully upon your dish, and serve, cutting through all.

The dish may be garnished with small moulds of the jelly.

TO BONE A FOWL.

Clean the fowl as usual. With a sharp and pointed knife begin at the extremity of the wing, and pass the knife down close to the bone, cutting all the flesh from the bone, and preserving the skin whole; run the knife down each side of the breast-bone and up the legs, keeping close to the bone; then split the back half way up, and draw out the bones; fill the places whence the bones were taken with a stuffing, restoring the fowl to its natural form, and sew up all the incisions made in the skin.

A WELSH RARE BIT.

Cut half a pound of cheese into thin slices, and put the slices into a frying-pan with one ounce of butter; when the butter is quite hot, add one egg well beaten, one tea-spoonful of mixed mustard, and a little pepper; fry the slices to a brown crisp, and serve them hot on buttered toast, or with the butter in which the cheese was fried poured over them.

ANOTHER RARE BIT is made by grating the cheese, spreading it upon buttered bread, toasting it before the fire, and browning it with a salamander.

A FRENCH RARE BIT.

Put a gill of water into a stew-pan with a quarter of a pound of pineapple cheese, two ounces of butter, a little Cayenne pepper, and salt if necessary; set the whole over the fire, and when it boils, stir into it two or three table-spoonfuls of sifted flour; keep stirring until a dry paste is formed, and the bottom of the stew-pan is white; then stir into it, one by one, three or four eggs; spread the paste, with a table-spoon, upon a buttered baking-tin, in long pieces, egg them over, put a bit of ch ese upon each piece, and bake twenty minutes, or to a crisp, in a hot oven; serve hot.

TO PREPARE TREACLE OR MOLASSES FOR GINGERBREAD.

Dissolve half an ounce of alum in one large table-spoonful of water and seven gills of molasses; then dissolve half an ounce of soda in one large table-spoonful of cold water, and mix all well together.

TO MAKE A CHEESE PUDDING.

To half a pound of grated cheese add four eggs well beaten, two gills of rich milk, and a little salt; mix well together, and bake in a buttered dish.

TO MAKE CHEESE CAKE.

To one quarter of a pound of grated cheese, add the yolks of six eggs, a quarter of a pound of butter, a little salt, and a little Cayenne; beat all together until quite light, then add the whites of the eggs beaten to a stiff froth, and bake in paper cases in a moderate oven.

ALMOND CHEESE CAKES.

Blanch and pound four ounces of sweet almonds with a little rose water; add to them four ounces of sugar and four eggs well beaten; rub the whole together till it becomes white and frothy; line your patty-pans with puff paste, and fill them with the above mixture; cover them with the paste, grate sugar over them, and bake in a moderate oven.

GROUND-NUT, or pea-nut cheese cakes are made in the same manner, substituting ground-nuts for almonds.

RICE CHEESE CAKES.

To one quarter of a pound of boiled rice, add half a pound

of butter beaten to a cream with six ounces of sugar, four eggs well beaten, a grated nutmeg, a glass of brandy, and a little salt; beat all well together, and bake in puff paste, as directed for almond cheese cakes.

CHEESE CREAM.

Melt one table-spoonful of butter in one tea-cup of cream; mix into it one pound of prime cheese finely grated; beat all well together, and pour it over buttered toast; brown with a salamander, and serve hot.

BOILED CHEESE.

Put one table-spoonful of milk into a saucepan, with a bit of butter the size of a nutmeg, and one quarter of a pound of prime cheese grated finely; stir the whole over a slow fire until it boils, when add one egg well beaten; stir all well together, turn it into your dish, brown it with a salamander, and serve hot.

CAROLINA BREAD.

Dip thin slices of bread into fresh milk; have ready two eggs well beaten, put the slices into the egg, and fry them to a light brown; when fried, pour over them a syrup, any kind that you choose, and serve hot.

POTATO AND RICE BREAD.

Dissolve one table-spoonful of butter in one pint of milk; add half a pint of yeast, a little salt, two table-spoonfuls of mashed sweet potatoes, and one quart of rice flour; beat all well together, put it into a buttered pan to rise, and when it is light, bake it in a moderate oven.

RICE OVEN BREAD.

To one quarter of a pound of rice, boiled very soft, add three quarters of a pound of wheat flour, a little salt, one gill of yeast, and one gill of milk; beat all well together, put it into a buttered pan to rise, and when it is light, bake it in a moderate oven.

RICE LOAF BREAD.

Beat three eggs quite light, to which add one table-spoonful of melted butter, a little salt, and one pint of rice flour; dissolve one yeast powder in a little water, and stir it into the other ingredients, and bake immediately in a deep pan.

RICE AND HOMINY DROPS.

Dissolve one table-spoonful of butter in half a pint of milk; add one tea-spoonful of salt, half a pint of boiled hominy, one pint of rice flour, and two eggs; beat all well together; drop it on tin sheets buttered, a spoonful at a time, and bake it in a moderate oven. Or you may drop them on a hot griddle, and bake them as buckwheat cakes.

HOMINY BREAKFAST DROPS.

Mix three table-spoonfuls of boiled hominy and two of rice flour; dissolve one table-spoonful of butter in one gill of milk, and pour the solution upon the hominy and flour, adding a little salt; add flour enough to roll this into cakes, which form with your biscuit-cutter, and bake in a hot oven.

GRAIN CAKES.

Beat to a cream three eggs and one table-spoonful of brown sugar; stir in five table-spoonfuls of rye flour, three of wheat flour, two of corn flour, a little salt, and milk enough to make a thin batter; bake it on a hot griddle, and butter while hot.

VIRGINIA EGG BREAD.

Dissolve one table-spoonful of butter in three and a half pints of milk; add one quart of Indian meal, half a pint of wheat flour, a little salt and two eggs well beaten; mix all well together, and bake in a buttered tin.

SWEET POTATO PONE.

To one pound of grated sweet potato add three quarters of a pound of sugar, one ounce of butter, half a pint of milk, three table-spoonfuls of ginger, a little salt, and the grated peel of a sweet orange; beat all well together, and bake, in a shallow plate, in a moderate oven.

SOUFFLE BISCUIT.

Rub one quarter of a pound of butter into one pound of wheat flour; add a little salt, and milk enough to make a dough; knead it, mould it, roll it out as thin as paper, cut it into biscuits with a tumbler, and bake on buttered tins to a light brown.

TO MAKE ROSE BRANDY.

Gather the leaves of roses while the dew is on them, and as soon as they open; put them into a wide-mouthed bottle, and when the bottle is full, pour in the best of fourth proof French brandy.

It will be fit for use in three or four weeks, and may be frequently replenished. It is sometimes considered preferable to wine as a flavoring to pastries and pudding sauces.

TO PRESERVE TOMATOES.

Cut in halves half a bushel of fine ripe tomatoes, and put them into a large stew-pan with ten onions cut in thin slices, two carrots cut in thin slices, one head of celery cut in slices, ten sprigs of thyme, ten sprigs of parsley, ten cloves, ten peppercorns, six bay-leaves, six pips of garlic, four blades of mace, and one handful of salt; put the stew-pan over the fire, and let its contents boil three quarters of an hour, agitating them occasionally by shaking the pan; then rub the whole through a colander in order to remove the skins, and through a wire sieve in order to remove the seeds; put what passes through the sieve into a stew-pan, season it with a tea-spoonful of Cayenne pepper, and a little salt, place it over the fire, and stir it until it boils; then remove it from the fire, and when it has become nearly cold, pour it into strong glass bottles, (not filling them;) cork the bottles, securing the corks with wire or twine, put the bottles into a steamer, and steam them well for half an hour; take them out, and when they are cold dip their tops into melted pitch or rosin, then into cold water, and keep them in a cool place until they are wanted.

NEW MUFFINS.

Into one pint of milk mix one quart of flour and two table-spoonfuls of melted butter; add one tea-spoonful of salt, two eggs well beaten, and half a tea-cup of yeast; set it in a warm place to rise, and, when it is light, bake it in muffin rings on a hot griddle.

HAM TOAST.

Grate some lean ham, and mix with it the yolk of an egg, and a little pepper; put a piece of butter into your spider, and, when hot, put in the grated ham, and fry to a light crisp; serve on sippets of toast.

TO MAKE SYRUP OF ORGEAT.

Blanch half a pound of sweet almonds, and two ounces of bitter almonds; pound them, put them into a quart of soft water, with two and a half pounds of fine white sugar, two ounces of orange-flower water, and two drachms of essence of lemon; stand the whole in a warm place, and let it steep five or six hours; then boil it ten minutes, and strain it through a cloth; if the syrup is not thick enough, boil it again the next day, and when it is cold bottle it for use.

TO MAKE GROUND NUT CANDY.

Boil together one pint of molasses, one gill of brown sugar, and two ounces of butter; when this is growing thick, add one pint of parched and shelled ground-nuts; then boil the whole fifteen minutes, and pour it into a shallow dish to cool and harden.

TO MAKE VALENTIA WINE.

Pare, as thin as possible, eighteen fresh lemons; put the peels into one quart of prime Scotch whiskey, and let them steep forty-eight hours; then add six quarts of spring water, three pounds of fine white sugar, four ounces of bitter almonds which have been blanched and pounded, and one quart more of the whiskey; let the whole stand forty-eight hours; then add the juice of eighteen lemons, free from pulp and seeds; and, if all the sugar is dissolved, strain the whole mixture through a fine cloth into a large crock or jar; then stir in two grated nutmegs, two quarts of whiskey, and three quarts of new milk boiling hot; stir the whole mixture thoroughly for five minutes, let it stand an hour or more, pass it and re-pass it through a flannel bag, until it is clear; then bottle it, and seal it, and it will keep good for many years.

NO. 1. TO MAKE COFFEE.

Put one cupful of freshly ground coffee into the coffee-pot, and pour upon it six cupfuls of boiling water; keep it on the point of boiling for two or three minutes by removing it to and from the fire; pour out a cupful two or three times, returning it; then let it stand where it will keep hot, but will not boil, until it becomes clear.

NO. 2. TO MAKE COFFEE.

Put two ounces of freshly ground coffee into the coffee-

pot, and pour in eight coffee-cups of boiling water; let the whole boil six minutes, pour out a cupful two or three times, returning it; then put in two or three small chips of isinglass, with a cup of boiling water; boil the whole five minutes longer, then let the pot stand ten minutes by the fire, and the coffee will be remarkably clear.

TO MAKE RENNET WINE.

Procure at the market a common-sized rennet, wash it in cold water, cut it in bits an inch square, put the bits into a wide-mouthed bottle, and pour upon them two quarts of Sicily wine; let them soak two or three days, shaking the bottle occasionally. After five days, the rennet will be fit for use, and will keep good for years.

TO MAKE SOFT SOAP.

Pour two pails of boiling water upon twenty pounds of potash, and let it stand two hours. Have ready thirty pounds of clean grease, upon which pour one pailful of the lye, adding another pail of water to the potash; let it stand three or four hours, stir it well, then pour a gallon of the lye upon the grease, stir it well, and in half an hour add another gallon of the lye, stir it thoroughly; in half an hour repeat the process, and thus proceed until you have poured off all the lye; then add two pails of boiling hot water to the remainder of the potashes, and let it stand ten hours; then stir the mixture, and if it has become stiff, and the grease has disappeared from the surface, take out a little, and see whether the weak lye will thicken it; if it does, add the lye; if it does not, try water, and if that thickens it, let it stand another day, stirring it well five or six times during the day; if the lye does not separate from the grease, you may fill up with water.

The above proportions will make a barrel of soap; it should be stirred after the first week, and will then need no more care.

TO MAKE HONEY WATER.

Dissolve a drachm of carbonate of ammonia in half a pint of water; also dissolve half an ounce of alum in half a pint of water. When both are dissolved, mix them thoroughly, and they are ready for use where directed.

CHAPTER XXV.

PREPARATIONS FOR INVALIDS.

NO. 1. APPLE TEA.

PLACE three tart apples on a plate before a good fire, and roast them quite soft; then take off the skins, put the apples into an earthen dish with a close cover, pour a pint of boiling water upon them, and let them stand under cover until they are cold; when using, add a little white sugar to make it more agreeable.

NO. 2. APPLE TEA.

Peel and quarter four tart apples, wash them, cut them in slices, put them into a pitcher with a close cover, pour upon them a pint of cold spring water, put the pitcher covered into a kettle of boiling water, where let it stand until its contents become boiling hot; then remove the pitcher from the fire, and keep it covered until its contents are cold, when pour off the liquor, and season it with sugar and nutmeg.

ARROW-ROOT.

Wet one tea-spoonful of best arrow-root with a little cold water, and pour upon it one and a half gills of boiling water, stirring the whole until it is well mixed; season it with sugar and nutmeg, and a little wine, if the invalid can bear it.

ARROW-ROOT CUSTARD.

Wet one tea-spoonful of best arrow-root with a little cold milk, and pour upon it two gills of boiling milk; place it in a kettle of boiling water, and stir into it one egg well beaten, with one table-spoonful of sugar; let it remain in the boiling water three minutes, stirring it continually; then turn it into a dish, and grate a little nutmeg over it.

BALM TEA.

Pour a pint of cold water upon a handful of the leaves of dried sweet balm; stir it a few minutes, then cover it, and let it stand an hour, when it is ready for use.

Some persons pour hot water upon the balm, but the infusion is not as palatable as when cold water is used.

NO. 1. BEEF TEA.

Cut a slice of beef weighing half a pound, and free from fat, from the upper part of the round, or from the middle of the rump; put it on the gridiron, and brown both sides quickly, over a sharp fire, but do not let the beef scald through; take it up, season it with pepper and salt, cut it into bits half an inch square, put the bits into a bowl, pour upon them one pint of boiling water, cover them closely, and let them stand until they are cool, when the tea is ready for use.

NO. 2. BEEF TEA.

Take a slice of beef as above, cut it while raw into bits half an inch square, put the bits into a bottle, with a very little salt, and a tea-spoonful of cold water; place the bottle in a kettle of hot water, and let it boil half an hour; you will then have a very nourishing tea, but too strong to administer to a very weak person.

NO. 3. BEEF TEA.

Cut a slice of raw beef as above, pour boiling water upon it, and keep it under a close cover until cold; this, however, will not be as palatable as the first.

BARLEY WATER.

Upon two ounces of pearl barley pour a little hot water; rub the barley clean, pour off the water and add two quarts of soft cold water, two ounces of figs and two ounces of raisins; boil the whole until the barley is quite soft, then strain it, and add white sugar to your taste.

BREAD WATER.

Cut stale bread into slices half an inch thick; dry the slices over a moderate fire until they are quite brown on both sides; put them into a pitcher with a close cover, pour boiling water upon them, let them stand covered for fifteen minutes, and the bread-water is fit for use.

This beverage is very agreeable without any additions, but milk and sugar are sometimes served with it.

CAUDLE.

Put a pint of water over the fire, and when it boils, stir into it gradually one table-spoonful of rice flour, and a pinch of salt; let it boil five minutes, then add the yolk of one egg well beaten with one table-spoonful of fine white sugar, one table-spoonful of cold water, one glass of wine, and a little nutmeg; remove it from the fire, stir it two or three minutes, and it is ready for use.

CHAMOMILE TEA.

The Southern mode of making this tea is, to put twenty or thirty chamomile flowers into a tumbler, pour cold water upon them, stir them a moment, let them infuse, under cover; for fifteen minutes, and the tea is ready for use.

The Northern mode is, to pour boiling water upon the chamomile flowers, and let them steep until they are cold; but the beverage is more agreeable when made with cold water, and the tumbler may be re-filled until all the virtue of the flowers is extracted.

CRACKER PANADA.

Break in pieces three or four hard crackers that are baked quite brown, and let them boil fifteen minutes in one quart of spring water; then remove them from the fire, let them stand three or four minutes, strain off the liquor through a fine wire sieve, and season it with sugar.

This is a nourishing beverage for infants that are teething, and with the addition of a little wine and nutmeg, is often prescribed for invalids recovering from a fever.

BREAD PANADA.

Put three gills of water and one table-spoonful of white sugar on the fire, and just before it boils add two table-spoonfuls of the crumbs of stale white bread; stir it well, and let it boil three or four minutes, when add one glass of white wine, a grated lemon, and a little nutmeg; let it boil up once, then remove it from the fire, and keep it closely covered until it is wanted for use.

CHICKEN PANADA.

Remove all the skin and bone from the meat of a young chicken that has been boiled or roasted; cut the meat into

small bits; pound these in a mortar, add a little water, if you are using a roasted chicken; if a boiled chicken, add a little of the liquor in which it was boiled, bringing the whole to the consistence of a soft custard; season it with pepper and salt, give it one boil-up, and it is done.

Some persons add rice-water to this dish, but it injures, I think, the delicate flavor of the chicken.

CHICKEN BROTH.

Wash clean the half of a young and tender chicken, break the bones, cut it into pieces, put the pieces into a stew-pan with one quart of water, cover the stew-pan closely, set it upon a moderate fire, let it come very gradually to a boil; then skim it well, add a salt-spoonful of salt, cover it closely, let it boil twenty minutes, strain it through a colander, and serve.

If you wish the broth more nourishing, add a table-spoonful of washed rice when you put the broth over the fire; the rice will make it quite thick.

CHICKEN TEA.

Wash in cold water the quarter of a young and tender chicken, cover it closely in a stew-pan, steam it over a moderate fire five minutes, sprinkle a very little salt upon it, pour into the pan one tea-cup of water, let it boil up once, remove it from the fire, skim it, strain it through a coarse muslin, and you have a very nourishing and palatable drink.

DROPPED EGG.

Place a sauce-pan of clear water over the fire, and when the water boils, put in a tea-spoonful of salt; then break a fresh egg whole into a saucer, and carefully slip it from the saucer into the boiling water; as soon as the water boils again, remove the sauce-pan from the fire, and take up the egg carefully with a perforated skimmer.

Dropped egg is a very grateful relish to a person just recovering from sickness; it is sometimes served on toast and butter.

GRUEL OF BOILED FLOUR.

Tie a quarter of a pound of wheat flour in a thick cloth, and boil it in one quart of water for three hours, then re-

move the cloth, and expose the flour to the air or heat until it is hard and dry; grate from it, when wanted, one table-spoonful, which put into half a pint of new milk, and stir over the fire until it comes to a boil, when add a pinch of salt and a table-spoonful of cold water, and serve.

This gruel is excellent for children when teething, or when afflicted with summer complaint.

GRUEL OF GROUND RICE.

Put a pint of cold water into a stew-pan and over the fire, and when it comes to a boil, stir into it one table-spoonful of ground rice, or rice flour, which has been previously wet with a little cold water; add a little salt, and let the whole boil five minutes, stirring continually; when it is cooked, season it with sugar and nutmeg, and, if you like, a little milk.

GRUEL OF INDIAN MEAL.

This is made in the same manner as ground rice gruel, above, substituting Indian meal for rice flour, and boiling it thirty minutes; take off the scum that first rises, season the gruel, and eat it hot.

GRUEL OF OAT MEAL.

Put one quart of water into a stew-pan over the fire, and when it begins to boil, stir into it one table-spoonful of oatmeal, with which has been previously mixed two table-spoonfuls of cold water; add a salt-spoonful of salt, and let the whole boil gently twenty minutes; if any scum arises, remove it.

A few cut raisins boiled with the oatmeal, will make the gruel more palatable and nourishing.

MILK PORRIDGE.

Put half a pint of water into a stew-pan and over the fire, and when it begins to boil, stir into it one large tea-spoonful of wheat flour and one of Indian meal, each of which have been previously wet with a little cold milk; add a pinch of salt, and let the whole boil five minutes, stirring it continually; then add half a pint of new milk, give it one boil-up, and it is ready for use.

PLAIN MILK TOAST.

Cut a thin slice from a loaf of stale bread, toast it very quickly, sprinkle a little salt over it, and pour upon it three table-spoonfuls of boiling milk.

Crackers, split and toasted in this manner, are very grateful to an invalid.

MILK NOG.

Break a fresh egg into a bowl, with two table-spoonfuls of fine white sugar, which beat together until very light and frothy; then pour in half a pint of ice-cold new milk, stir the whole well, grate upon it a little nutmeg, and use it immediately.

This is a very grateful beverage to consumptive persons, if the milk is ice-cold.

WINE WHEY.

Put half a pint of new milk into a stew-pan over the fire; when the milk is nearly scalding hot, remove it from the fire and pour into it one glass of wine; stir it slightly, let it stand five minutes, strain it through a muslin sieve, and sweeten it to your taste.

ALMOND JELLY.

Put one ounce of clarified isinglass into a stew-pan, with one pint of new milk, and three bitter almonds blanchéd and pounded; stir the whole over a moderate fire until all the isinglass is dissolved, then strain it through a muslin sieve, and let it stand until it is cold.

GRAPE WATER.

Peel thirty large Malaga grapes, and pour half a pint of boiling water upon them, cover them closely, and let them steep until the water is cold.

ACID DRINKS.

1. Pour half a pint of boiling water upon one table-spoonful of the best TAMARINDS, cover them closely, and let them steep until they are cold.

2. Pour half a pint of boiling water upon one table-spoonful of CURRANT JELLY, and stir until the jelly is all dissolved.

3. CRANBERRIES and BARBERRIES may be used in the

same way to make very refreshing acid drinks for persons recovering from fevers.

DRAUGHTS FOR THE FEET.

Take a large leaf from the horse-radish plant, and cut out the hard fibres that run through the leaf; place it on a hot shovel for a moment to soften it, fold it, and fasten it closely in the hollow of the foot by a cloth bandage.

Burdock-leaves, cabbage-leaves and mullen-leaves, are used in the same manner, to alleviate pain and promote perspiration.

Garlics are also made for draughts by pounding them, placing them on a hot tin plate for a moment to sweat them, and binding them closely to the hollow of the foot by a cloth bandage.

Draughts of onions, for infants, are made by roasting onions in hot ashes, and, when they are quite soft, peeling off the outside, mashing them, and applying them on a cloth, as usual.

POULTICES.

A BREAD-AND-MILK POULTICE.—Put a table-spoonful of the crumbs of stale bread into a gill of milk, and give the whole one boil-up.

A HOP POULTICE.—Boil one handful of dried hops in half a pint of water until the half-pint is reduced to a gill, then stir into it enough Indian meal to thicken it.

A MUSTARD POULTICE.—Into one gill of boiling water stir one table-spoonful of Indian meal; spread the paste, thus made, upon a cloth, and spread over the paste one tea-spoonful of mustard flour. If you wish a mild poultice, use a tea-spoonful of mustard as it is prepared for the table, instead of the mustard flour.

A GINGER POULTICE.—This is made like a Mustard Poultice, using ground ginger instead of mustard. A little vinegar is sometimes added to each of these poultices.

A STRAMONIUM POULTICE.—Stir one table-spoonful of Indian meal into a gill of boiling water, and add one table-spoonful of bruised Stramonium seeds.

WORMWOOD AND ARNICA, are sometimes applied in poul-

tices. Steep the herbs in half a pint of cold water, and when all their virtue is extracted, stir in a little bran or rye-meal to thicken the liquid; the herbs must not be removed from the liquid.

This is a useful application for sprains and bruises.

LINSEED TEA.

Put one table-spoonful of linseed into a stew-pan with half a pint of cold water; place the stew-pan over a moderate fire, and, when the water is quite warm, pour it off, and add to the linseed half a pint of fresh cold water; then let the whole boil three or four minutes; season it with lemon and sugar.

LIQUORICE TEA.

Bruise half a dozen sticks of liquorice, pour a pint of boiling water over them and let them steep, under a close cover, until the water is cold.

SLIPPERY ELM TEA.

Put a tea-spoonful of powdered slippery-elm into a tumbler, pour cold water upon it, and season it with lemon and sugar.

WILD HYSSOP TEA.

Steep a handful of wild hyssop leaves and three or four bruised sticks of liquorice, in a pint of boiling water, and under a close cover, until the water is cold.

This is a pleasant drink, and is often prescribed for invalids recovering from an influenza.

☞ For additional receipts for invalids, see, in Chapter XXII., BLANC MANGE, NO. 4, and CURDS AND WHEY; also, in Chapter XXIII., WINE JELLY.

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